Clinisupplies

SensaCath®
Intermittent Catheter
User guide





Content

Your details 4

What is Intermittent Self-Catheterisation? 5

How your body works 6

Using ISC for dilatation 7

Effective bladder management 8

Choosing the right catheter 9

How to use **SensaCath® Flex Compact and SensaCath® Flex** 10

How to use **SensaCath®** & **SensaCath® Aqua** 12

Frequently asked questions 14

Urine output record 16

Ordering information 18

Your details

Take this booklet with you when you visit your Healthcare Professional.

Your name:	
Reason for catheterising:	
Hospital/Clinic:	
Name of Nurse, or GP:	
Phone:	
Email:	
Order code(s):	
Size (Ch):	
Catheterise (times per day):	
Additional information:	

What is Intermittent Self-Catheterisation?

The term ‘Intermittent Self-Catheterisation’ (also called ISC) describes the method by which an individual uses a catheter to empty the bladder at regular intervals.

What is an Intermittent Catheter for?

Intermittent self-catheterisation (ISC) is a clean and safe way to empty your bladder using a catheter at regular times.

What is a catheter?

A catheter is a thin, flexible tube. It is inserted into the urethra (the tube you pass urine through).

What is it used for?

A catheter is used to:

- Drain urine from your bladder
- Help keep the urethra open (dilatation)

Why might you need ISC?

Some people cannot empty their bladder fully. This may be due to urinary retention, nerve damage or a condition they were born with.

Emptying your bladder regularly is important. If urine stays in the bladder, it can lead to infection, overfilling, or kidney damage.

ISC and your daily life

ISC is a simple way to manage your bladder. With practice, it becomes part of your routine. You can still do your usual activities and live your life as you choose.

Only start ISC after guidance from your Healthcare Professional.

How your body works

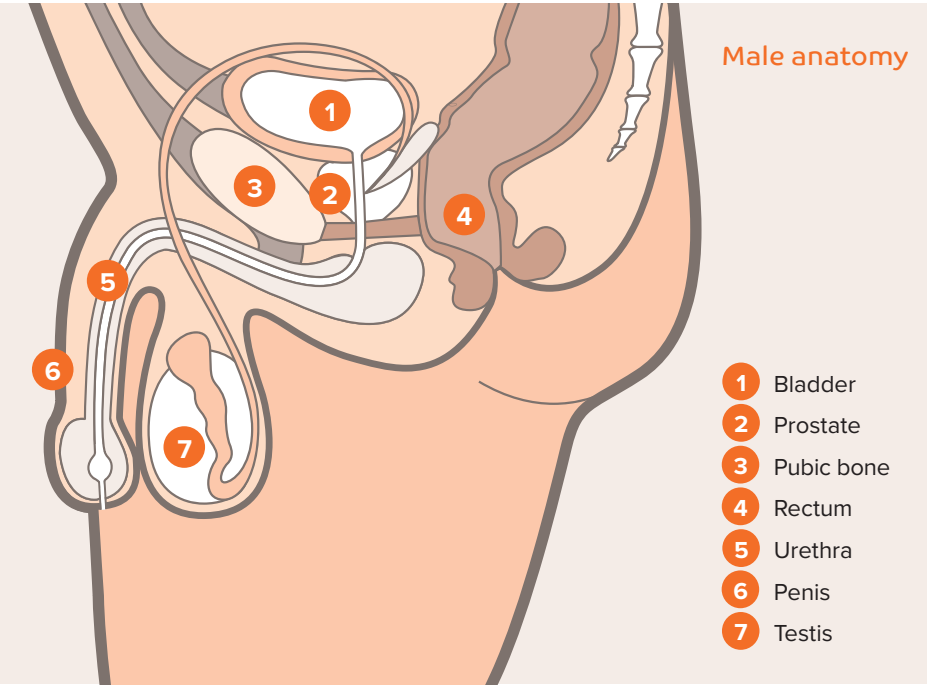
Understanding your body can help you feel more confident.

Your urinary system

Your kidneys make urine by filtering waste from your blood. Urine travels down the ureters into the bladder, where it is stored.

When your bladder holds about 300–500 ml, your brain signals that it is time to empty it. Urine then leaves the body through the urethra. In men, the urethra is about 20-23cm long and runs from the bladder to the tip of the penis.

A catheter is used when you cannot pass urine naturally.



Using ISC for dilatation

Some people use a catheter not to empty the bladder, but to keep the urethra open. This is called intermittent self-dilatation (ISD).

What is ISD?

ISD gently stretches the urethra to reduce narrowing (a stricture). Strictures can happen when the lining of the urethra is damaged.

Why might you need ISD?

You may be advised to use ISD:

- If your urethra has narrowed
- Or after treatment or surgery to keep it open

Following your routine can:

- Help urine pass more easily
- Reduce symptoms
- Lower the chance of further narrowing

Your Healthcare Professional will tell you how often to do this. Write down your routine in the “Your details” section of this booklet.

Catheter size:
How often to dilate:
How long to continue:
Additional advice:

Effective bladder management

Learning ISC can improve your health and confidence. With practice, it becomes easier to manage.

Key tips

- **Be consistent**

  Follow the routine set by your Healthcare Professional. This is often 4–6 times a day.

- **Drink enough**

  Aim for 1.5–2 litres of fluid a day, unless told otherwise.

- **Keep clean**

  Wash your hands and clean the tip of the penis before use. If you have no access to washing facilities, use hand sanitiser – for your hands only – and non-alcohol wipes to clean the area around the urethral opening.

- **Find the right position**

  Use a position that works best for you, such as sitting or standing.

- **Watch for signs of infection**

  Look out for cloudy urine or a burning feeling. Contact your Healthcare Professional if you notice changes.

Choosing the right catheter

The right catheter can make a big difference.

Size and tip type

Men need longer catheters due to the length of the urethra. Catheter diameter is measured on the Charrière (Ch) scale.

Most men use a staight or flexible tip. Some conditions may require a special tip (for example, a Tiemann tip).

Your Healthcare Professional will help choose the right length, size and tip.

Lifestyle

Your daily routine matters.

- If you are active, you may prefer a compact catheter
- If you have limited hand movement, look for easy-to-open designs

Speak to your healthcare professional to find what works best for you.



How to use **SensaCath® Flex Compact** and **SensaCath® Flex**

1

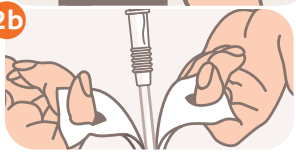


Wash your hands using soap and water.

2a



2b



2a. SensaCath Flex Compact

2b. SensaCath Flex

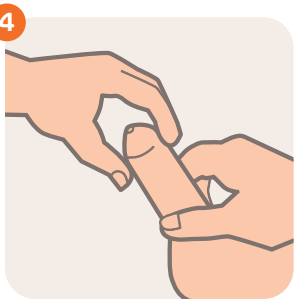
Peel open the foil packaging from the top - enough to expose the catheter funnel and slider.

3



If advised by your Healthcare Professional, try to urinate before catheterising. Gently pull back your foreskin and clean the tip of the penis.

4



Straighten your urethra by lifting your penis up. Do not squeeze it, as this may make insertion more difficult.

2a. Helpful tip



2b. Helpful tip

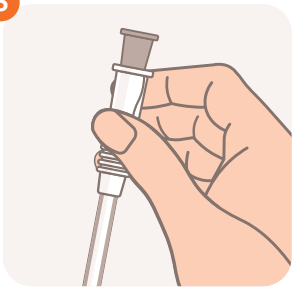


2a. SensaCath Flex Compact

2b. SensaCath Flex

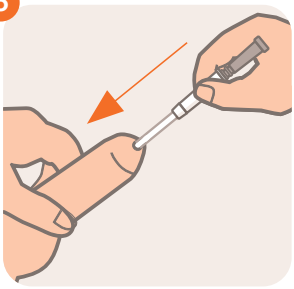
You can hang the packaging by using the adhesive dot to attach the foil to a clean surface, freeing up your hands.

5



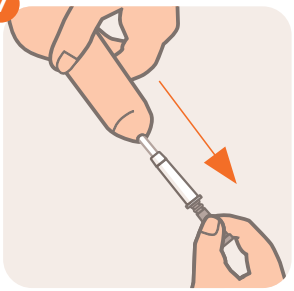
Take a firm hold of the catheter funnel and slider and remove it from the packaging, taking care not to drop the catheter.

6



Use the funnel and slider to gently insert the catheter into the urethra, 2cm at a time. As the tip reaches the bladder sphincter, you may feel a slight resistance. Continue to insert the catheter until urine starts to flow.

7



When urine stops flowing, begin to remove the catheter - slowing rotating it as you go. If urine begins to flow, stop and allow it to drain. Repeat until the flow stops completely and the catheter is removed.

8



Place the catheter back into the packaging and dispose of according to local waste guidelines. Do not flush the catheter down the toilet.

Helpful tip 2



To give you maximum control, hold the the slider 10-15cm from the tip before inserting the catheter.

Watch our step-by-step user videos:

How to use **SensaCath®** and **SensaCath® Aqua**

1



Wash your hands using soap and water.

2



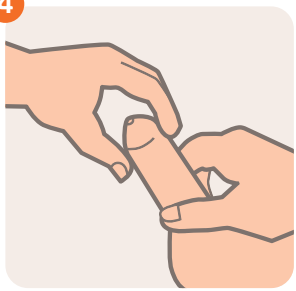
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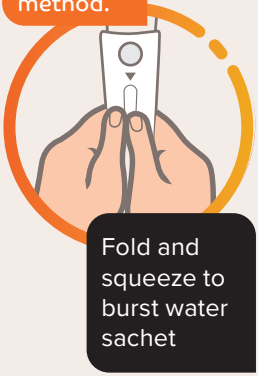
4



Straighten your urethra by lifting your penis up. Do not squeeze it, as this may make insertion more difficult.

SensaCath® Aqua is a water-activated catheter. It contains a water sachet that needs to be broken before use.

Activation method.

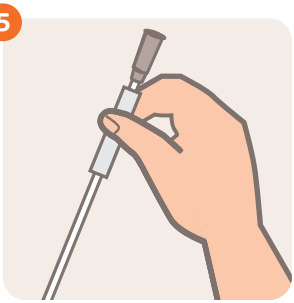


Helpful tip 1



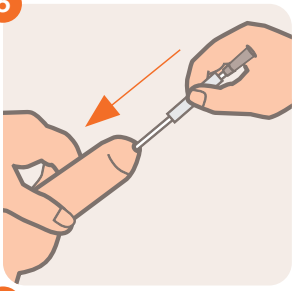
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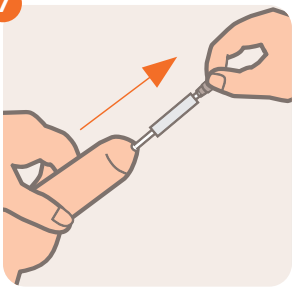
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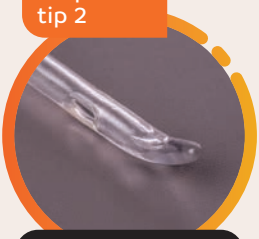
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Place the catheter back into the packaging and dispose of according to local waste guidelines. Do not flush the catheter down the toilet.

Helpful tip 2



If using a Tiemann tip, make sure the tip and raised area on the funnel both face up during insertion.

Frequently asked questions

Here's a short collection of the most common questions that get asked about Intermittent Self-Catheterisation. If you have questions, don't be afraid to reach out to your Healthcare Professional for help.

How often should I catheterise?

This varies for each person. It depends on your condition, fluid intake, and treatment. Some people use a catheter every 3–4 hours. Others need it less often. Your Healthcare Professional may ask you to track your urine output to help set the right routine.

What if I can't insert the catheter?

Take a break and try again after 5–10 minutes. Relaxing can help — a warm bath or shower may make it easier.

If you still have trouble, contact your Healthcare Professional.

What if I can't remove it?

This is uncommon. Try:

- Standing or changing position
- Taking a short break
- Coughing to relax your muscles

If it does not come out, contact your healthcare professional. If needed, call 111 or go to A&E.

How much should I drink?

Drink about 1.5–2 litres a day unless told otherwise. Limit caffeine, as it can irritate the bladder. Pale urine usually means you are well hydrated.

Travelling with catheters

Catheters may not be available in all countries, so plan ahead.

- Take enough for your whole trip



- Carry extra supplies in your hand luggage
- Ask your GP or Healthcare Professional for a letter explaining your medical need

A travel certificate may also be available to help with security and customs.

Will this affect my sex life?

Using a catheter should not stop you having sex. Many people feel more confident once their bladder is well managed. You can catheterise before or after sex.

Speak to your Healthcare Professional if you need advice.

Getting your catheters

Your Healthcare Professional will arrange your prescription. You can have your products delivered to your home by registering with **Nightingale Home Delivery Service**, where you can also access a variety of services to support your journey with catheters.



Urine output record

Your Healthcare Professional may recommend that you keep a urine output record for a week or two. Here's a table to help you.

Date	Time	Fluid intake per day (ml)	Volume of urine passed (ml)					
			Through the catheter			Naturally		

Date	Time	Fluid intake per day (ml)	Volume of urine passed (ml)					
			Through the catheter			Naturally		

Ordering information

SensaCath® is available in a range of lengths and sizes.

SensaCath® Flex Compact

Reference	Size	Length	Tip	Quantity	PIP Code
PSCXC10	CH10	40cm	Flexible	30	440-1469
PSCXC12	CH12	40cm	Flexible	30	440-1451
PSCXC14	CH14	40cm	Flexible	30	440-1444
PSCXC16	CH16	40cm	Flexible	30	440-1436
PSCXC18	CH18	40cm	Flexible	30	440-1428

SensaCath® Flex

Reference	Size	Length	Tip	Quantity	PIP Code
PSCX10	CH10	40cm	Flexible	30	434-9114
PSCX12	CH12	40cm	Flexible	30	434-9106
PSCX14	CH14	40cm	Flexible	30	434-9072
PSCX16	CH16	40cm	Flexible	30	434-9098
PSCX18	CH18	40cm	Flexible	30	434-9080

SensaCath®

Reference	Size	Length	Tip	Quantity	PIP Code
PSCM12	CH12	40cm	Standard	30	409-0445
PSCM14	CH14	40cm	Standard	30	409-0452
PSCM16	CH16	40cm	Standard	30	409-0429
PSCT12	CH12	40cm	Tiemann	30	422-7757
PSCT14	CH14	40cm	Tiemann	30	422-7740
PSCT16	CH16	40cm	Tiemann	30	422-7732

SensaCath® Aqua

Reference	Size	Length	Tip	Quantity	PIP Code
AQUAS10	CH10	40cm	Standard	30	419-9048
AQUAS12	CH12	40cm	Standard	30	419-8925
AQUAS14	CH14	40cm	Standard	30	419-9014
AQUAS16	CH16	40cm	Standard	30	419-8990
AQUAS18	CH18	40cm	Standard	30	419-8941
AQUAT10	CH10	40cm	Tiemann	30	419-8958
AQUAT12	CH12	40cm	Tiemann	30	419-8974
AQUAT14	CH14	40cm	Tiemann	30	419-8966
AQUAT16	CH16	40cm	Tiemann	30	419-9030
AQUAT18	CH18	40cm	Tiemann	30	419-8982

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NHS
Providing NHS services

Welcome to Nightingale Home Delivery Service.

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Excellent*

*Feb 2026

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Nightingale Home Delivery Service is part of **Clinisupplies**, helping you and your healthcare professional to find and order the bladder and bowel products you may need.

To order, register or login online or via the app:
www.nightingaledelivery.co.uk

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