

# Intermittent self-catheterisation (ISC) step-by-step instructions for men

**1.** Choose a place in your home suitable for administration. It needs to be comfortable and have enough clean surfaces within easy reach.

**2.** Make sure your hands and the area around your urethra are clean.



**3.** Prepare for administration; having the syringe, plunger, connector and catheter ready.



Syringe Plunger Connector

**4.** Screw the plunger into the end of the iAluRil® syringe.



**5.** Remove the cap from tip end of the syringe and attach the connector into the syringe by screwing into place. Rest this on a clean surface for now.

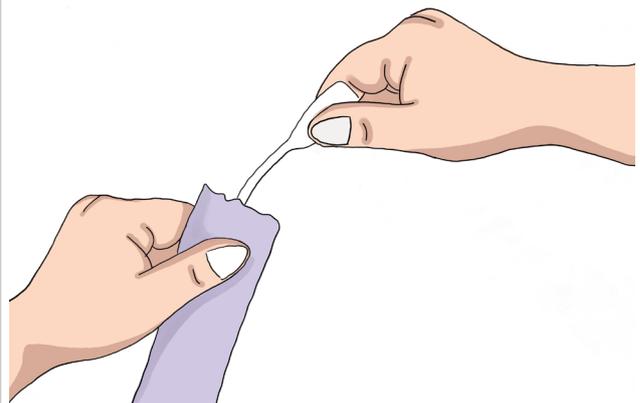


**6.** Break the end of the catheter packet as per the instructions to activate the coating of the hydrophilic catheter.



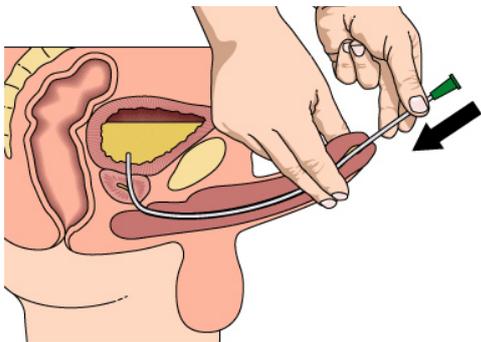
**7.** Remove the catheter from the packet touching only the funnel end.

Use the guide to hold the catheter tube for insertion.

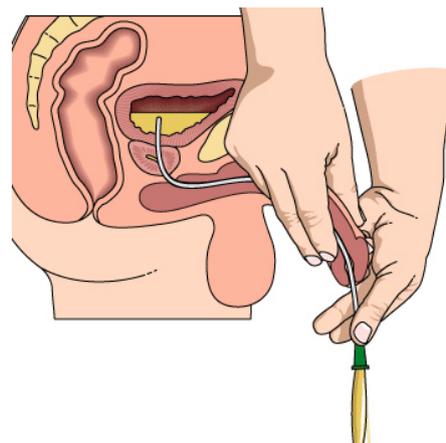


**8.** Hold the penis straight and upwards to your tummy with your non-dominant hand.

Slowly insert the catheter into the urethra (the hole at the end of the penis). When urine starts to flow, push the catheter a little further in.

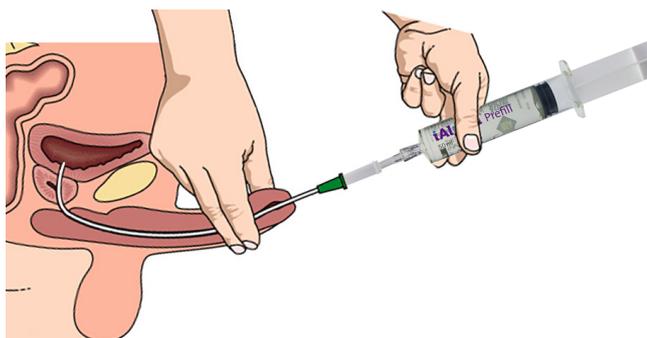


**9.** Return the penis to its normal position to allow the urine to flow through the catheter.

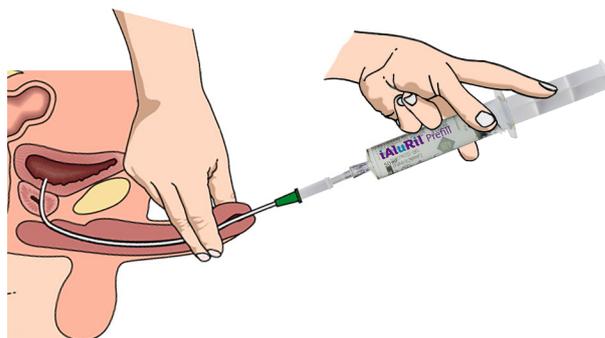


**10.** Once the urine flow has stopped and the bladder is empty you're ready to instill your iAluRil®.

**11.** Hold the penis upwards again and attach the connector and syringe onto the funnel end of the catheter.

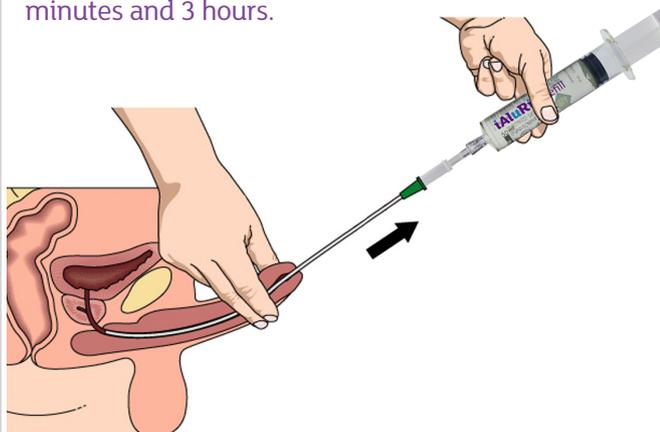


**12.** Slowly instill the contents of the syringe through the catheter by pushing gently on the plunger with your forefinger.



**13.** Once all of the iAluRil® has been instilled into the bladder, slowly remove the catheter with the syringe still attached and dispose of as instructed.

Keep iAluRil® in the bladder for between 30 minutes and 3 hours.



**14.** Clean your hands.

**15.** Complete the relevant documentation to keep a record of your instillation for your doctor or nurse.

Information sourced from: <https://www.wellspect.co.uk/bladder/about-isc/self-catheterisation-the-basics/men>