

  
**GentleCath™ Glide**  
*that's a relief*

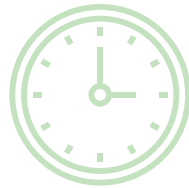
Designed for fast\* and convenient cathing

\* No additional waiting time once the catheter has been wetted

# Getting started

For some men, starting intermittent catheterization – or ‘cathing’ – can be a time of anxiety. You may be facing physical difficulties or entering a completely new phase of your life.

*We're here, along with your healthcare team, to make sure your adjustment to cathing is as smooth as possible.*



## GentleCath™ Glide

You've been given GentleCath™ Glide, an intermittent catheter designed to maximize ease of use and convenience.

This booklet explains what cathing is and contains all the information you need to get started with GentleCath™ Glide.

You'll find clear instructions, diagrams and frequently asked questions.

## What is cathing?

Cathing refers to the regular insertion of a hollow plastic tube (a catheter) into the bladder to drain urine. You may also hear it referred to as intermittent catheterization (IC) or intermittent self-catheterization (ISC).

Cathing is done when your bladder needs emptying, if you are unable to pass urine, or to drain any remaining urine if your bladder has not emptied completely.

Your bladder needs to be emptied four to six times a day, depending on how much liquid you drink.<sup>1</sup>

## Urethral opening

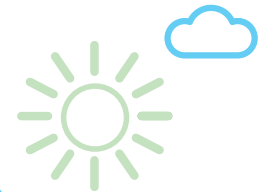
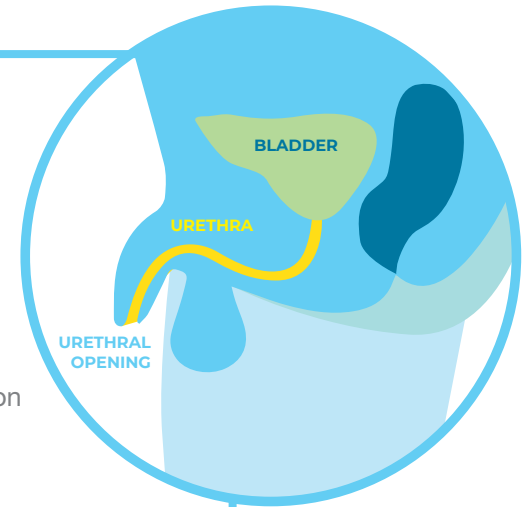
The catheter is inserted into the opening of the urethra (the little hole where urine comes out).

## Urethra

The catheter travels through the urethra to the bladder.

## Bladder

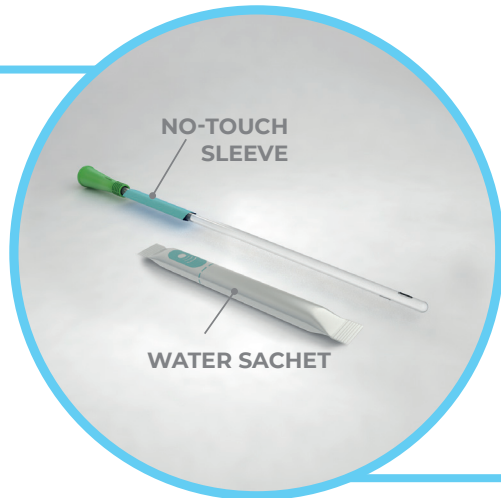
Once the catheter is in the bladder, it can drain the urine.



# Introducing GentleCath™ Glide

GentleCath™ Glide is designed to make cathing as convenient as possible.

## How do I use GentleCath™ Glide?



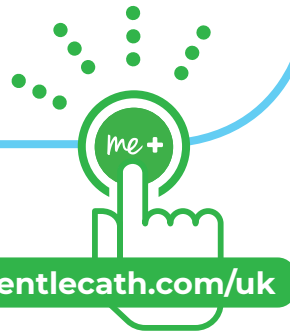
## GentleCath™ me+™

GentleCath™ me+™ is a service designed to provide you with everything you need to gain relief from the worries associated with cathing.

**Personalized instructions:** you can find customized instructions on how to use GentleCath™ Glide on the GentleCath™ me+™ website.



[www.gentlecath.com/uk](http://www.gentlecath.com/uk)



## How does GentleCath™ Glide help make cathing easier?

### Smooth, slippery surface

#### Feature: a low friction hydrophilic catheter

The smooth, slippery catheter is designed to make cathing easier.

### Less mess and residue

#### Feature: FeelClean™ technology

The catheter is made with our unique technology designed to reduce the mess left behind by cathing, so you can worry less about getting residue on your clothes, hands and body.<sup>2</sup>

### Enabling better hygiene

#### Feature: a no-touch sleeve

GentleCath™ Glide has a no-touch handling sleeve to help prevent contamination of the catheter with bacteria from the hands.<sup>3,4</sup>



### Speed and discretion

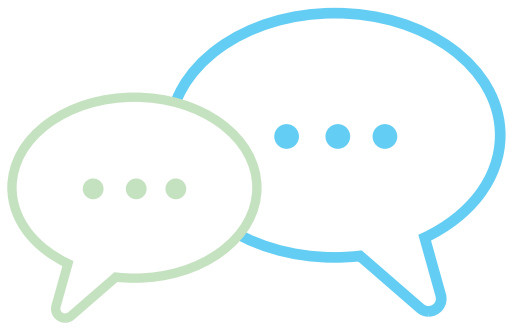
#### Feature: quick preparation

GentleCath™ Glide is ready to use with no unnecessary delay. You can start cathing as soon as you break the water sachet and wet the length of the catheter – so it can be used quickly and discreetly.

### Not made with DEHP

The GentleCath™ Glide catheter is made without the use of DEHP.\*

\*DEHP (di(2-ethylhexyl)phthalate) is used to soften PVC plastic and is suspected to reduce fertility.



## Frequently asked questions

*We have answered some of the most common questions men ask about cathing below.*

If you have a question that isn't answered here, you can call one of our specially trained nurses on freephone **0800 587 7560**. You can also access more information through our GentleCath™ me+™ website and QR code below. Alternatively, you may wish to contact a member of your healthcare team.



[www.gentlecath.com/uk](http://www.gentlecath.com/uk)

**Professional advice:**  
our online video FAQ may help to answer some of your questions and concerns.



### How often should I empty my bladder?

- Many men cath first thing in the morning, last thing at night and about 2–3 times during the day<sup>1</sup>
- Cath when you have the urge to urinate or your bladder contains 10–18 fl oz (300–500 mL) of urine<sup>1</sup>
- Check the amount when you empty to see that your bladder is not holding more than 18 fl oz (500 mL). If it is, you need to catheterize more often<sup>1</sup>
- You should cath as your doctor recommends

### What about sex or intimate situations?

- You should be able to have sexual intimacy as before
- You may wish to cath before you engage in sexual activity. This will ensure your own comfort and help to avoid the possibility of leaks
- Remember to wash your penis after sexual activity to help prevent infection

### How do I obtain supplies?

There are many retailers who will deliver supplies right to your door. Call us for more information on freephone

**0800 587 7560**

# Urinary tract infections (UTIs)

The urinary tract includes all the organs our bodies use to make and get rid of urine, including the kidneys, ureters, bladder, and urethra.

Urine is normally sterile and its natural flow usually prevents bacteria from growing in the urinary tract.

However, when urine stays in the bladder, bacteria have a chance to grow and cause infection.<sup>1</sup>

# Hand washing guide

Proper hand washing is important for everyone, as it is one of the best ways to help prevent illness and spread of germs.

For people who cath, proper hand washing is essential as it can help prevent the spread of bacteria.

Here is our quick guide to proper hand washing:

1. Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap
2. Lather and scrub your hands by rubbing them together with the soap. Cover every part of your hand including the back, between your fingers, and under your nails. This should be for at least 20 seconds
3. Rinse your hands well under clean, running water, until all the lather has gone
4. Dry your hands using a clean towel or air-dry them

## How can I avoid UTIs?

You can help reduce your risk of UTIs in a number of ways

- **Wash your hands thoroughly**  
Hand washing and personal hygiene before and after you use the catheter are very important
- **Drink enough fluids**  
Try to drink at least 8-10 cups of fluids daily<sup>1</sup>
- **Use a catheter regularly**  
Regular emptying of urine is important to help reduce the risk of infection<sup>1</sup>
- **Avoid touching the sterile catheter**  
No-touch sleeves, as found on GentleCath™ Glide, can help prevent contamination of the catheter

## How do I tell if I may have a UTI?

The following symptoms indicate that you may have a UTI

- Fever
- Pain or a burning when passing the catheter or urine
- The need to empty your bladder more often than usual
- Leakage between cathing
- Kidney pain

Contact a doctor if you experience any of these symptoms.



# Support networks

*There are many support groups available.*

You may be interested in joining now, or in the future once you are settled back into a routine.

## Local support groups

For information on local support groups contact us at

**0800 587 7560**

Our experts are available to answer any questions you may have.



## National support groups

### Amcare Group

0800 885 050

### NHS Choices

[www.nhs.uk](http://www.nhs.uk)

### Cancer Research UK

[www.cancerresearchuk.org](http://www.cancerresearchuk.org)

### Prostate Cancer UK

[www.prostatecanceruk.org](http://www.prostatecanceruk.org)

### Macmillan Cancer Support

[www.macmillan.org.uk](http://www.macmillan.org.uk)

### Incontinence Support

[www.bladderandbowel.org](http://www.bladderandbowel.org)

### British Association of Urological Surgeons

[www.baus.org.uk](http://www.baus.org.uk)

### Multiple Sclerosis Trust

[www.mstrust.org.uk](http://www.mstrust.org.uk)

Call us at

0800 587 7560

Monday–Friday (excluding Bank Holidays),  
9am–5pm GMT.  
GentleCath@convatec.com  
www.convatec.co.uk

[www.gentlecath.com/uk](http://www.gentlecath.com/uk)

**Professional advice:**  
our online video FAQ may  
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References: 1. Newman D.K. & Willson M.M. (2011) Review of intermittent catheterization and current best practices. Urological Nursing 2011 Jan-Feb. 2. WHR14930 TA565 GentleCath Glide Residuals. Data on file. 3. Hudson E. & Murahata R.J. The 'no-touch' method of intermittent urinary catheter insertion: can it reduce the risk of bacteria entering the bladder? Spinal Cord 2005;43(10):611–614 4. Charbonneau-Smith R. No-touch catheterization and infection rates in a select spinal cord injured population. Rehabilitation Nursing 1993;18(5):296–299, 305.