

# Intermittent Self-Catheterisation User Challenges



## Issue

Clean intermittent self-catheterisation (CISC), while straightforward for some, can be both difficult and painful for others.<sup>1</sup>



**20%** of CISC patients **experienced pain** either before or after CISC.<sup>1</sup>

**40%** of participants affirmed **"I have pain (the catheterisation is painful)"**.<sup>2</sup>



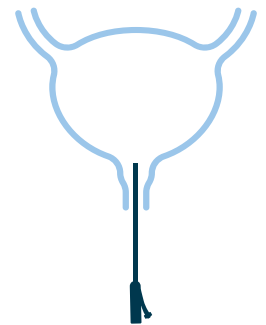
CISC can also cause **trauma to the urethra and result in bleeding**.<sup>3</sup>



## Challenges with hydrophilic coated catheters

Despite various strategies being explored to reduce trauma to the urethra, meta-analysis of studies examining hydrophilic catheters showed **31% of patients using hydrophilic coated catheters had blood in their urine**, potentially a higher rate than in uncoated catheters.<sup>3</sup>

During withdrawal of hydrophilic coated catheters, **adherence or 'stickiness'** of catheters to the lining of the urethra has been demonstrated.<sup>4</sup>



**Hydrophilic coatings transform from being highly lubricious when fully wet to being adhesive when the hydration level of the coating is reduced.**<sup>5</sup>



This may contribute to 'stickiness' of hydrophilic coated catheters



Trauma of bleeding from the urethra with risks increasing the longer the duration of catheterisation.<sup>6</sup>

### References:

1. Guinet-Lacoste A, Jousse M, Tan E, Caillebot M, Le Breton F, Amarengo G. Intermittent catheterization difficulty questionnaire (ICDQ): A new tool for the evaluation of patient difficulties with clean intermittent self-catheterization. *Neurourology*. 2016 Jan;35(1):85-9. 2. Roberson D, Newman DK, Ziemba JB, Wein A, Stambakio H, Hamilton RG, Callender L, Holderbaum L, King T, Jackson A, Tran T, Lin G, Smith AL. Results of the patient report of intermittent catheterization experience (price) study. *Neurourology*. 2021 Sep 13. 3. Rognoni C, Tarricone R. Intermittent catheterisation with hydrophilic and non-hydrophilic urinary catheters: systematic literature review and meta-analyses. *BMC Urol*. 2017 Jan 10;17(1):4. 4. Fader M, Moore KN, Cottenden AM, Pettersson L, Brooks R, Malone-Lee J. Coated catheters for intermittent catheterization: smooth or sticky? *BJU Int*. 2001 Sep;88(4):373-7. 5. Bager K and Thingbak FSW (Coloplast). A urinary catheter. (WIPO (PCT) Patent No. WO2020160738). World Intellectual Property Organization 2020. 6. Lundgren J, Bengtsson O, Israelsson A, Jönsson AC, Lindh AS, Utas J. The importance of osmolality for intermittent catheterization of the urethra. *Spinal Cord*. 2000 Jan;38(1):45-50.



# Introducing FeelClean™ Technology

ConvaTec's GentleCath™ Glide and new GentleCath Air™ range of catheters incorporate pioneering FeelClean™ Technology.

FeelClean™ Technology is designed to make the task of CISC an easier and more comfortable experience.

- ✓ A **gentler catheter** that combines the ease of insertion of hydrophilic coated catheters with the clean 'non-sticky' feel of an uncoated catheter.
- ✓ Created from a **next generation material** that is intrinsically slippery when wet but without the need for a coating.
- ✓ Has low levels of friction during insertion but **does not become sticky, reducing the risk of trauma or bleeding and the pain these can cause.**

The user comfort benefits of FeelClean™ Technology have been evidenced



In vitro

39%

less force required to start removing GentleCath with FeelClean™ Technology than the leading coated catheter, which demonstrates that it does not stick, making the process more comfortable.<sup>7</sup>



Spectroscopic characterisation confirms that FeelClean™ Technology is PVP free, which is why it does not stick.



Clinical study

90%

of users rated GentleCath™ Glide with FeelClean™ Technology better than their usual catheter for comfort during use.<sup>8</sup>

>85%

of users rated GentleCath™ Glide with FeelClean™ Technology "very comfortable" or "comfortable" for comfort on insertion and comfort on removal.<sup>8</sup>

cc™ Air  
*that's a relief*

cc™ Glide  
*that's a relief*

References:

7. In vitro data on file. 8. A Multi-Centre Clinical Investigation to Assess the Performance of GentleCath™ Glide Intermittent Catheters. Study U378 GentleCath™ Glide Final Report. July 2018. Data on File. ConvaTec Inc.