

Dr. Dudley's Tips for SIC (Self Intermittent Catheterization)

1. Catheterize gently. Never try to force it!
2. A small amount of blood is OK.
3. Return to clinic or hospital for sign of infection (increased urinary frequency, increased pain with catheterization, fever).
4. When you wake up in the morning, attempt to void without straining or pushing. You will then check your "post void residual" by passing a catheter. If you drain "a lot" of urine (usually greater than 150mL) from your bladder, then you are not emptying your bladder.
5. A normal person should void 4-6 times per day. If you are not emptying your bladder, then you should catheterize 4-6 times per day. If you get out more than 400mL of urine, then you are not catheterizing frequently enough.
6. If you have a low post void residual in the morning, then you do not need to catheterize for the rest of the day.