

## 自助間歇性導尿術

### 簡介

這是一個簡單的程序，使用一條幼小的導尿管，由尿道插入至膀胱，便可幫助排清瀦留膀胱的小便。通常是膀胱機能受損而致排尿困難。可以是短暫或長期性。適應症包括尿瀦留、手術後膀胱暫失功能、骨盆神經受損、脊柱神經受損等。

### 優點

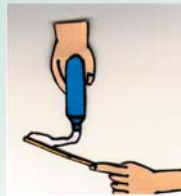
- ◆ 排清瀦留膀胱的小便
- ◆ 防止尿液反流回腎臟
- ◆ 可控制何時排尿
- ◆ 泌尿道感染的機會比較長期插著導尿管者少
- ◆ 可維持正常之性生活
- ◆ 無須長期插著導尿管及佩戴尿袋

### 準備用品

- ◆ 導尿管 (Nelaton urinary catheter) 成人10-12號、小童8號
- ◆ 小毛巾或濕紙巾
- ◆ 肥皂液
- ◆ 消毒藥水(擦手用)，如Hibirub
- ◆ 水溶性潤滑劑
- ◆ 量杯
- ◆ 鏡子(女性)

### 步驟

- ◆ 準備好所有用品
- ◆ 除去褲子，將上衣捲至腰部
- ◆ 坐在坐廁、輪椅或椅上
- ◆ 用肥皂液清潔雙手及抹乾
- ◆ 先用潤滑劑塗抹導尿管頂端2-3吋部份



### 男性

- ◆ 小心清潔尿道口，如有包皮，把包皮向後拉，露出尿道口，如圖示
- ◆ 用消毒藥水擦手及待乾
- ◆ 左手將陰莖拉向上，右手持導尿管沿尿道口緩緩插入直至尿液流出，然後放下陰莖

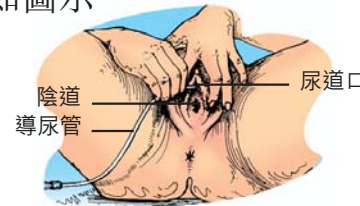


- ◆ 小心右手不要碰到導尿管的末端
- ◆ 當導尿由尿道進入膀胱時，可能有少許阻力，這是由於括約肌有抗拒的緣故；此時請儘量放鬆，可試深而慢慢地呼吸。然後再嘗試將導尿管插入；如括約肌放鬆，導尿管便能順利進入膀胱，使尿液流出
- ◆ 右手固定導尿管，左手輕柔按壓小

- 腹，盡量將尿液擠出
- ◆ 將導尿管抽出1-2公分，再按壓小腹，將剩餘小便擠清
- ◆ 然後慢慢拔出導尿管，並棄置
- ◆ 將包皮撥回
- ◆ 再清潔雙手

### 女性

- ◆ 清潔外陰
- ◆ 用消毒藥水擦手及待乾
- ◆ 左手將尿道口兩邊陰唇分開，露出尿道口，如圖示



- ◆ 用鏡子幫助確定位置後，右手將導尿管緩緩插入直至尿液流出為止
- ◆ 小心右手不要碰到導尿管的末端
- ◆ 當導尿由尿道進入膀胱時，可能有少許阻力，這是由於括約肌有抗拒的緣故；此時請儘量放鬆，可試深而慢慢地呼吸。然後再嘗試將導尿管插入；如括約肌放鬆，導尿管便能順利進入膀胱，使尿液流出
- ◆ 右手固定導尿管，左手輕柔按壓小腹，盡量將尿液擠出
- ◆ 將導尿管抽出1-2公分，再按壓小腹，將剩餘小便擠清

- ◆ 當尿液流清後，可再插入約半吋，將剩餘小便排清
- ◆ 然後慢慢拔出導尿管，然後棄置
- ◆ 最後再清潔雙手

### 注意點

- ◆ 每次導尿前，請先排小便
- ◆ 如插入導尿管過程有困難，可暫停5-10秒，然後再嘗試慢慢插入
- ◆ 小便放清後，如導尿管不能被拉出，可能是尿道痙攣，待休息數分鐘後可再嘗試。若不成功或有下列情況，應即向醫生求診
  - 血尿
  - 小便混濁，有臭味
  - 下腹痛或腰背痛
- ◆ 如尿管表面不平滑，應即更換
- ◆ 每日攝取水份最少1至2公升，盡量日間多飲水，睡前2小時減少飲水
- ◆ 睡前要放小便1次
- ◆ 保持個人衛生及清潔
- ◆ 導尿之次數視乎排尿量而定，一般為每日4-6次

如對有任何查詢，請致電：  
東華醫院 C 座五樓老人泌尿中心  
電話：2589 8131 (辦公時間)  
9867 6121 (非辦公時間緊急求助)

以上資料由東華醫院外科部提供



## 自助間歇性導尿術

## CLEAN INTERMITTENT SELF CATHETERIZATION





# CLEAN INTERMITTENT SELF CATHETERIZATION

## Introduction

It is a simple and clean procedure . It helps to empty your residual urine completely by inserting a small catheter into your bladder. It is the treatment option (temporary or permanent) for poor voiding function. Indications include retention of urine, impaired or poor bladder muscle contractility resulting in poor voiding function, pelvic nerve injury and spinal cord injury.

## Advantages

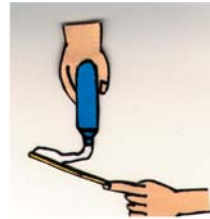
- ◆ Relieve retention of urine
- ◆ Preserve renal function
- ◆ Reduce rate of urinary tract infection because of long term self retaining urinary catheter
- ◆ Maintain normal sexual life
- ◆ No need to have self retaining catheter connected to urine drainage bag all the time

## Required equipment

- ◆ Nelaton urinary catheter
- ◆ Adult: Fr. 10 - 12 ; Child: Fr. 8
- ◆ Towels or wet wipes
- ◆ Liquid soap
- ◆ Hibirub (optional)
- ◆ Lubricant
- ◆ Urine container
- ◆ small mirror (for female patient)

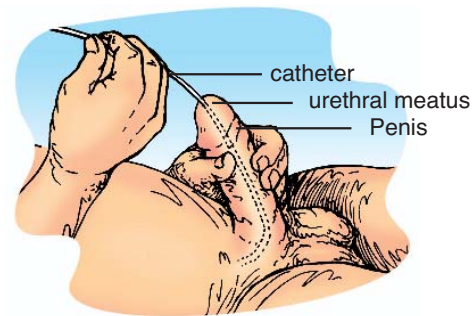
## Procedures

- ◆ Prepare all the required equipment
- ◆ Take off your pants, roll up top jacket to level of waist
- ◆ Wash hands well with liquid soap
- ◆ Dry hands with towel
- ◆ Lubricate catheter with lubricant e.g. K-y Jelly



## For male

- ◆ Retract the foreskin and swab glans penis thoroughly
- ◆ Swab the urethral meatus carefully with wet wipes or towel
- ◆ Rub hands with Hibirub and let it dry



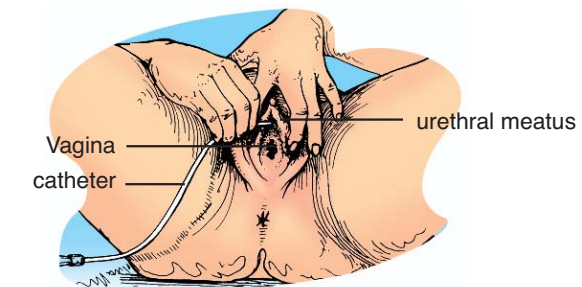
- ◆ Pick up the catheter with right hand
- ◆ Do not touch the end that is going into the bladder

- ◆ Hold the glans penis straight with left hand
- ◆ Gently insert the catheter through the urethral opening into the bladder by your right hand
- ◆ While inserting the catheter through the urethra into your bladder, you may feel slight resistance from the sphincter muscle, please relax fully by taking a few slow, deep breath. Keep gentle but steady pressure on the catheter. Once sphincter muscles relax, the catheter will slip into the bladder and urine comes out
- ◆ Leave the catheter in place until the urine stops flowing. Gently press on the lower abdomen to squeeze out the last drop
- ◆ Gently withdraw urinary catheter 1 or 2 cm and press again
- ◆ Slowly remove and discard the catheter
- ◆ Wash hands

## For female

- ◆ Spread the labia with the index and middle fingers with your left hand in order to get a good view of urethral opening (use mirror to confirm the position)
- ◆ Swab down the area from top to bottom
- ◆ Gently insert the catheter through the urethral opening into the bladder by your right hand

- ◆ While inserting the catheter through the urethra into your bladder, you may feel slight resistance from the sphincter muscle, please relax fully by taking a few slow, deep breath. Keep gentle but steady pressure on the catheter . Once sphincter muscles relax , the catheter will slip into the bladder and urine comes out



- ◆ Leave the catheter in place until the urine stops flowing. Gently press on the lower abdomen to squeeze out the last drop
- ◆ Gently withdraw urinary catheter 1 or 2 cm and press again
- ◆ Slowly remove and discard the catheter
- ◆ Wash hands

## Pay attention

- ◆ Please try to urinate before you do the catheterization
- ◆ If you feel there is resistance to pass the catheter, stop and relax for 5 - 10 seconds and then try again

- ◆ If you can't withdraw the catheter after the urine stops flowing , it is probably due to the urethral muscle spasm , stop withdrawing for a few minutes and then try again
- ◆ Seek medical advice immediately if :
  - self catheterization failed
  - Severe haematuria
  - Turbid and foul smelling urine
  - Lower abdominal pain
- ◆ Keep fluid intake at least 1 to 2 liter every day
- ◆ Refrain from drinking 2 hours before bedtime
- ◆ Change catheter if you find the surface is cracked or not smooth
- ◆ Keep good personal hygiene
- ◆ Your schedule for the catheterization \_\_\_\_\_ times per day (Time \_\_\_\_\_)

Should you have any enquiries, please feel free to contact Geri-Urology Center, Tung Wah Hospital at  
 Tel : ◆ 2589 8131 (Office hour )  
 ◆ 9867 6121 (Non office hour emergency)

Information provided by Department of Surgery, Tung Wah Hospital