

**INTERMITTENT SELF DILATATION/ INTERMITTENT SELF CATHETERISATION
(ISC/ISD) CARE PLAN.**

Intermittent Self Dilatation ☐ Intermittent Self Catheterisation ☐

AIM: To ensure the patient who has undertaken training is carrying out ISC/ISD in line with NHS Ayrshire and Arran Guidelines.

- 1 Discuss with patient reason medical staff have advised ISC management ☐
- 2 By use of diagrams show patient the anatomy involved ☐
- 3 Stress need for high level of hygiene with regards hand washing and washing genital areas ☐
- 4 Ensure patient understands how to prepare selected catheter prior to insertion ☐
- 5 Verbal and written advice to be given on relaxation techniques to ease insertion of catheter and avoid trauma. ☐
- 6 Technique demonstrated to patient YES ☐ NO ☐
- 7 **Intermittent Self Catheterisation:** ☐

Catheter only inserted until urine commences draining ☐
Intermittent Self Dilatation ☐
Meatal Insert to 5 cm approx. ☐
Bulbar/urethral Insert until small amount urine returned ☐
- 8 Ensure frequency of ISC/ISD use clearly marked in booklet and if required complete a voiding diary ☐