

# Clean Intermittent Self-Catheterisation 自助間歇性導尿術

Care Advice

護理須知



Gleneagles Hospital

HONG KONG

港怡醫院

## Free Shuttle Service 免費專車服務

Gleneagles Hospital Hong Kong provides free shuttle bus service between MTR **Wong Chuk Hang Station** (Exit A) and the hospital (main entrance).  
港怡醫院為市民提供免費專車服務往來港鐵**黃竹坑站** (A出口) 及醫院 (正門)。



Free Shuttle Schedule  
免費專車服務時間表

## Bus 巴士

Gleneagles is within walking distance from various bus stops along Aberdeen Tunnel / Wong Chuk Hang Road and Nam Fung Road.  
您可由位於香港仔隧道/黃竹坑道和南風道的各個巴士站步行至港怡醫院。

Available bus services along Aberdeen Tunnel / Wong Chuk Hang Road include: 37B 37X 38 42 42C 70 72 72A 75 77 90 90C  
途經香港仔隧道/黃竹坑巴士服務包括：37B 37X 38 42 42C 70 72 72A 75 77 90 90C

Available bus services along Nam Fung Road include: 36 41A 76  
途經南風道巴士服務包括：36 41A 76

## MTR 港鐵

Gleneagles is within walking distance from MTR **Ocean Park Station** (Exit C).  
您可由港鐵**海洋公園站** (C出口) 步行至港怡醫院。



## Hospital address

1 Nam Fung Path,  
Wong Chuk Hang, Hong Kong

## 醫院地址

香港黃竹坑南風徑1號

## Mainline 電話

+852 3153 9000

## Service hotline 服務熱線

+852 2122 1333

## Fax 傳真

+852 2528 0081



[www.gleneagles.hk](http://www.gleneagles.hk)



港怡醫院  
Gleneagles Hospital Hong Kong

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In case of discrepancy in information, please refer to the hospital's website.  
港怡醫院保留一切更改以上內容之權利而毋須另行通知。如以上內容與實際情況有偏差，將以本院網站內所提供之資料為準。

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## Introduction 簡介

Indications for clean intermittent self-catheterisation include retention of urine, impaired or poor bladder muscle contractility resulting in poor voiding function, pelvic nerve injury and spinal cord injury patients. It is the treatment option either temporary or permanent for poor voiding function. A simple and clean procedure can help to empty your residual urine completely by inserting a small catheter into bladder.

自助間歇性導尿術是治療患有尿瀦留、膀胱機能受損而致排尿困難，或盆骨神經受損及脊柱神經受損等病人的治療方法。這個治療方法可以是短暫性或長期性。導尿術是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。



## Advantages 優點

- Relieve retention of urine  
排清瀦留膀胱的小便
- Preserve renal function  
防止尿液回流回腎臟，以保護腎功能
- Reduce rate of urinary tract infection because of long term self-retaining urinary catheter  
泌尿道感染的機會比長期插著導尿管者少
- Maintain normal sexual life  
可維持正常性生活
- No need to have self-retaining catheter connected to urinedrainage bag all the time  
無須長期插著導尿管及配戴尿袋

## Required Items 準備用品

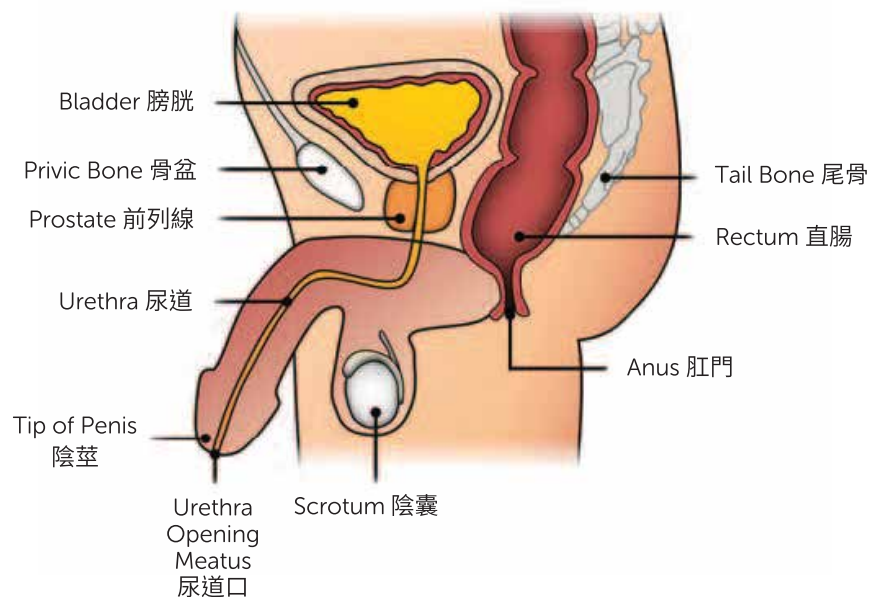
- Urinary catheter Fr10-12 (Adult)  
導尿管  
成人10-12號
- Towels or wet wipes  
小毛巾或濕紙巾
- Liquid soap or alcohol handrub  
肥皂液或酒精搓手液
- Lubricant  
水溶性潤滑劑
- Urine container  
量杯
- Small mirror (for female patient)  
鏡子 (女性)
- Plastic bag  
膠袋

## Procedures

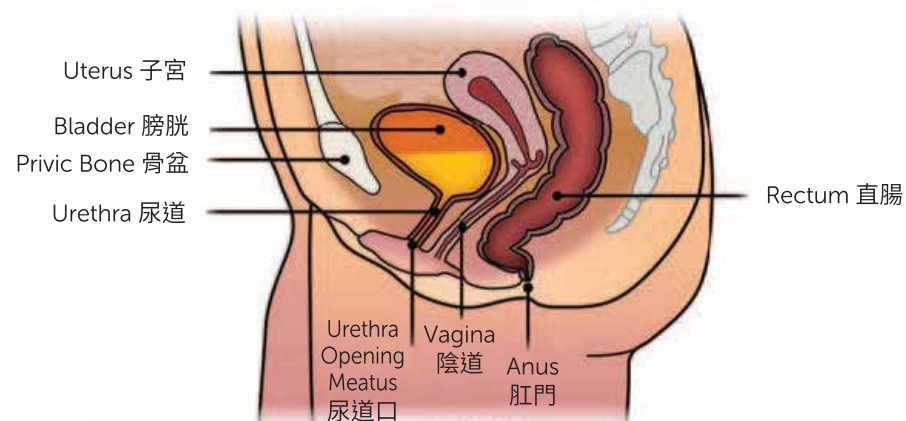
### 步驟

- Prepare all the required items  
準備好所有用品
- Take off the pants, roll up top jacket to level of waist  
除去褲子、將上衣捲至腰部
- Wash hands thoroughly with liquid soap. Dry hands with towel  
用肥皂液徹底清潔雙手及抹乾
- Sit on toilet, wheelchair or chair  
坐在坐廁、輪椅或椅上
- Lubricate 2 to 3 inches of the catheter tip with lubricant, e.g. K-Y Jelly  
先用潤滑劑塗抹導尿管頂端2至3吋部分，例如：K-Y凝膠

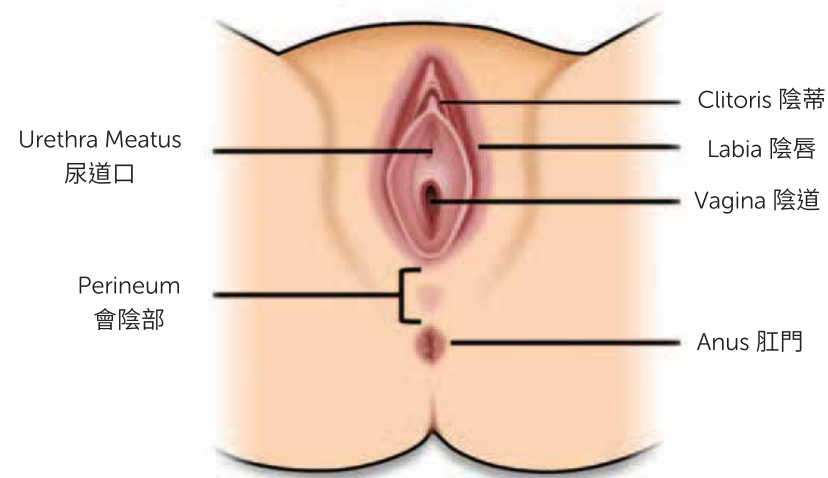
### MALE 男士



### FEMALE 女士



### FRONT 前面



### BACK 後面



## For male 男性

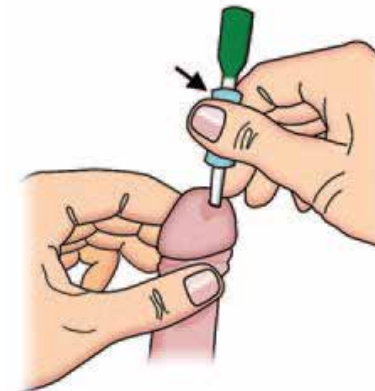
- Retract the foreskin and swab glans penis with wet towel thoroughly  
把包皮向後拉，露出尿道口
- Swab the urethral meatus carefully with wet wipes  
用濕紙巾清潔包皮及尿道口
- Rub hands with liquid soap or alcohol handrub and let it dry  
清潔後，用肥皂液或酒精搓手液擦手及待乾
- Pick up the catheter with dominant hand. Do not touch the catheter tip to keep it clean  
一手持導尿管，小心避免接觸導尿管頭段，以保持導管清潔
- Hold the glans penis perpendicular to the body with the other hand  
另一隻手將陰莖向上拉直



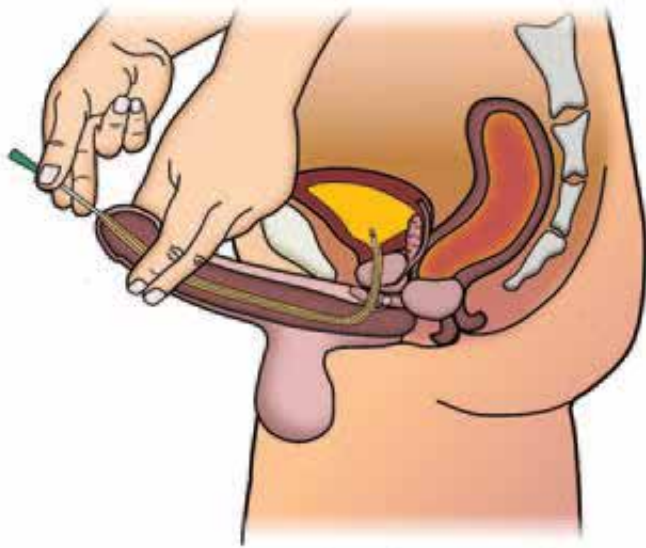
- Gently insert the catheter tip through the urethral opening into the bladder by your dominant hand  
將導尿管沿尿道口緩緩插入直至尿液流出，然後放下陰莖



Inserting a lubricated catheter tip  
插入潤滑的導管尖端



Insertion of a catheter using an  
insertion guide  
使用插入導板插入導管



Insertion of a catheter with penis  
in correct position  
將導尿管插入正確位置

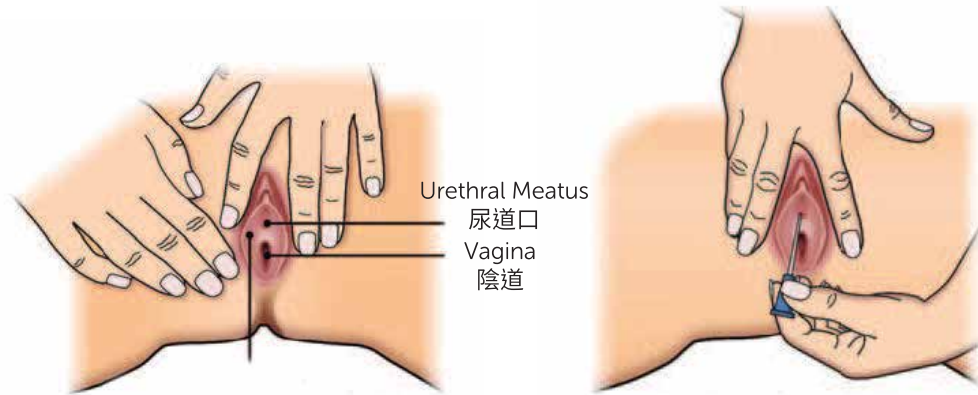
- While inserting the catheter through the urethra into your bladder, you may feel slight resistance from the sphincter muscle, please relax fully by taking a few slow and deep breath. Keep gentle but steady pressure on the catheter. Once sphincter muscles relax, the catheter will slip into the bladder and urine comes out and drain into the urine container  
當導尿管由尿道進入膀胱時，可能有少許阻力，這是因為括約肌有抗拒的緣故；此時請儘量放鬆，可試慢慢地深呼吸數下，然後再嘗試將導尿管插入。當括約肌放鬆，導尿管便能順利進入膀胱，使尿液流出到量杯

- Leave the catheter in place until the urine stops flowing. Gently press on the lower abdomen to squeeze out the last drop  
保持導尿管位置直至小便停止。另一隻手輕柔按壓小腹，盡量將尿液擠出
- Gently withdraw urinary catheter 1 to 2 cm and press again  
將導尿管抽出1至2公分，再按壓小腹，將剩餘小便擠清
- Slowly remove and discard the catheter  
然後慢慢拔出導尿管，並棄置
- Put the foreskin back of penis and wash hands  
將包皮撥回再清潔雙手
- Record the amount of urine  
記錄自助導尿管的尿量



## For female 女性

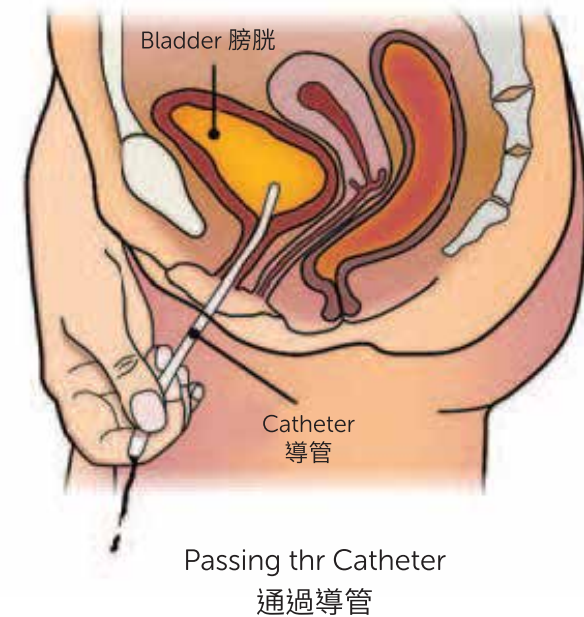
- Spread the labia with the index and middle fingers with your non-dominant hand in order to get a good view of urethral opening. Use mirror to confirm the location of urethral opening  
用食指及中指將兩邊陰唇分開，露出尿道口，用鏡子協助確定尿道口位置



Finding the opening to the urethra  
尋找尿道的開口

Putting the tip of the catheter  
into the urethra  
將導管尖端放入尿道

- Swab down the area from top to bottom  
清潔外陰，方向由上而下清潔
- Gently insert the catheter through the urethral opening into the bladder by your dominant hand  
一手持導尿管，小心避免接觸導尿管頭段，以保持導管清潔
- Use mirror to confirm the location of urethral opening and then slowly insert the catheter  
用鏡子幫助確定位置後，將導尿管緩緩插入尿道口



- 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 and 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 into the urine container  
當導尿管由尿道進入膀胱時，可能有少許阻力，這是因為括約肌有抗拒的緣故；此時請儘量放鬆，可試慢慢地深呼吸數下，然後再嘗試將導尿管插入。當括約肌放鬆，導尿管便能順利進入膀胱，使尿液流出
- Leave the catheter in place until the urine stops flowing. Gently press on the lower abdomen to squeeze out the last drop  
保持導尿管位置直至小便停止。另一隻手輕柔按壓小腹，盡量將尿液擠出



- Gently withdraw urinary catheter 1 to 2 cm and press again  
將導尿管抽出1至2公分，再按壓小腹，將剩餘小便排清
- Slowly remove and discard the catheter  
然後慢慢拔出導尿管並棄置
- Wash hands  
再清潔雙手
- Record the amount of urine  
記錄自助導尿管的尿量

## Pay attention 注意點

- Please try to urinate before you do the catheterisation  
每次導尿前，請先排小便
- Suggest to make record of the self-voiding volume and the self-catheterisation volume  
建議記錄自行小便及自助導尿管的尿量及時間
- If you feel any resistance to pass the catheter, stop and relax for 5 to 10 seconds and then try again  
如插入導尿管過程有困難，可暫停5至10秒及儘量放鬆，然後再嘗試慢慢插入
- If you cannot 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  
如小便放清後，導尿管不能被拉出，可能是尿道痙攣，可待休息數分鐘後可再嘗試
- Seek medical advice immediately if  
若有以下情況，應即向醫生求診：
  - Failing to withdraw the catheter  
不能把導尿管拔出
  - Severe hematuria  
嚴重血尿
  - Turbid and foul smelling urine  
小便混濁，有臭味
  - Lower abdominal or back pain  
下腹痛或腰背痛



- Keep fluid intake at least 1 to 2 litres every day  
每日攝取水分最少1至2公升
- Refrain from drinking 2 hours before bedtime  
盡量日間飲水，睡前2小時減少飲水
- Change catheter if you find the surface is cracked or not smooth  
如尿管表面有裂痕或不平滑，應即更換
- Keep good personal hygiene  
保持個人衛生及清潔
- Clean intermittent self-catheterisation schedule normally 4 to 6 times per day  
導尿次數一般為每日4至6次



## References

### 參考資料

- Retrieved from: Hospital Authority (Smart Patient Website)  
<https://www.webmd.com/a-to-z-guides/indwelling-urinary-catheter#1>
- Clean self-catheterisation information. Geri-Urology Centre, Department of Surgery, Tung Wah Hospital

**\*\*\* By appointment only 敬請預約 \*\*\***

## Urology Clinic – Specialist Outpatient Clinic 泌尿科專科門診

<b>Location 位置</b>	Clinic H, 1/F, Tower B B座1樓 – 診所H
<b>Opening Hours 開放時間</b>	
Monday-Friday	9:00am – 6:00pm
Saturday	9:00am – 1:00pm
Sunday and Public Holiday	Closed
星期一至五	上午九時至下午六時
星期六	上午九時至下午一時
星期日及公眾假期	休息
<b>Appointment Hotline 預約熱線</b>	+852 3153 9186
<b>Fax 傳真</b>	+852 3903 3420
<b>Email 電郵</b>	socuro@gleneagles.hk