

Pathway: Intermittent Catheterisation (IC)

All patients with Neurological disorders or spinal cord injury should have a bladder scan once weekly. This is to ensure complete bladder emptying or identify high residual volumes of urine which, can cause infection and possible autonomic Dysreflexia.

Following a bladder scan refer to the guidelines below.

WARNING: Urinary retention (>500mls)

- Perform intermittent catheterization using Actreen Lite catheter; size 12 for female and size 14 for males. Use male length catheters for both.
- Perform observations (vital signs) and point of care urinalysis.
- Refer to continence clinical nurse specialist (Ext 5007) or clinical response service out of hours. Notify responsible medical team.

WARNING: Severe urinary retention (>700mls)

- Perform intermittent catheterization using Actreen Lite; size 12 for female and size 14 for males. Use male length catheters for both.
- Perform observations (vital signs) and point of care urinalysis.
- Refer to continence clinical nurse specialist (Ext 5007) or clinical response service out of hours.
- Monitor patient for signs of urosepsis and refer to responsible medical team. Consider performing digital rectal examination to exclude faecal impaction.

WARNING: MEDICAL EMERGENCY Severe and life threatening urinary retention (>1000mls)

- Contact continence clinical nurse specialist (Ext 5007) or clinical response service for immediate assessment and management.
- Perform intermittent catheterisation without delay.