

## CLINY SELF CATHETERISATION SETS

Self catheterisation is practiced by millions of people around the world.

Self catheterisation is the process of inserting a hollow catheter into the individual's urethra to allow the passage of urine. Both men and women can be affected by the problems that necessitate self catheterisation. If surgical correction of the problem is impossible or not desired by the patient then catheterisation is a workable and necessary option.

Catheters can be supplied in various forms and be made of a number of materials. The male catheters are naturally longer than female catheters. The diameter size (or French gauge) of the catheter is patient choice. The smaller the catheter the slower the urine flow and hence the longer the voiding period. The larger the catheter the more difficult it may be to insert or it may be too painful, even with proper lubrication.

*Other problems associated with self catheterisation include –*

1. Catheters can be used once per visit to the toilet or the catheter may be reused. If it is used once only then the cost of doing this can mount up considerably. Financial compensation may be sought from a number of sources but this depends on a number of factors which your Doctor can advise you about.
2. Reusable catheters may be purchased. These reduce the per-usage cost but they must be cleaned very thoroughly after each use or else the chance of introducing a urinary tract infection (UTI) is very high. UTIs make catheterisation difficult and painful and create general discomfort to the person. Curing of UTIs is sometimes difficult and they may reoccur if catheter cleaning is not carried out per your Doctor's or Continence Advisor's recommendations.
3. Rubber(latex) base is still the most common and the most cost effective catheter but more and more people are suffering from Latex reaction. Some people never experience this reaction but others can grow sensitive to latex and the reaction then occurs. In addition to this problem the wall thickness of a latex catheter often means that the internal passage or lumen is relatively small.
4. Many people who use self catheters otherwise lead perfectly normal lives. They then carry their catheters with them. If they use reusable catheters then how do you store them to keep them clean and help prevent contact with infectious sources?

## A SOLUTION

An ingenious system developed by Cliny in Japan is available throughout Australia. It is called the Cliny Self-Catheterisation Set. It consists of a medical grade silicone catheter fitted into a special plastic case, which can be folded up and placed in a handbag, the glovebox of a car etc. The picture demonstrates a male and a female set plus a single catheter.



*The Cliny Self Catheter Set solves a number of the problems mentioned above.*

- Since it is reusable it is a cost effective means of catheterisation.
- It is made of medical grade silicone so it is easy to clean and keep clean. A cleaning protocol has been developed in conjunction with Doctors and Continence Advisors. This protocol can be supplied with your catheter sets.
- Silicone is totally biocompatible. No latex, or any other type of reaction occurs through the use of this silicone.
- Silicone becomes very slippery when wet. This allows it to be inserted into the urethra much more easily.
- Silicone is stronger than latex. For the same outer diameter of catheter the inner diameter is greater so a faster urine flow results.
- The catheter has its own container which is designed to hold and protect the catheter. This may be cleaned in a similar way to the catheter thus reducing the chance of urinary tract infections.

Cliny also offer a range of Silicone Foley Catheters. These have the same advantages as the Self Catheterisation Sets but are used for longer term catheter insertion

**Available from**



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