

# Intermittent Catheterization Consultation Checklist<sup>1</sup>

1

## Collect patient information

- Physical
- Lifestyle
- Holistic wellbeing
- Sociodemographic

2

## Before training

- Identify the reason** for intermittent catheterization (IC)
- Select appropriate catheter types** (at least 3-4), identify storage or disposal instructions and any aids or equipment that may be needed
- Prepare a clean, private and comfortable space, plan the advice to be given, and **assess if other specialists need to be involved**

3

## During training

- Assist with catheter choice**, demonstrate use, differences and help choose adaptive equipment
- Demonstrate technique** including; catheter preparation and disposal, IC basics and tips, IC positions, IC at home, and emphasize hygiene/UTI prevention
- Offer emotional support and guidance** on integrating IC into daily life, ensure sufficient time for patients, and consider delaying training if the patient's emotional state is not conducive to learning

4

## After training

- Discuss IC complications** and when to seek help, initial expectations, and UTI prevention strategies
- Provide day-to-day management tips**, a catheterization diary and frequency, and max voiding guidelines
- Review follow-up importance** offer routine guidance and compliance
- Address emotional concerns**, provide support and guidance



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