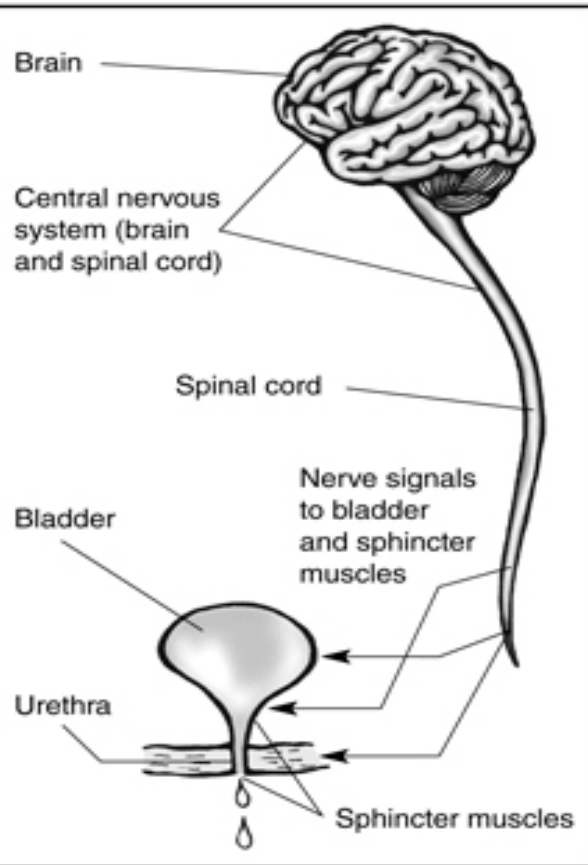


MEDICAL DEVICES
DO NOT HAVE TO
MAKE YOU FEEL
SICK

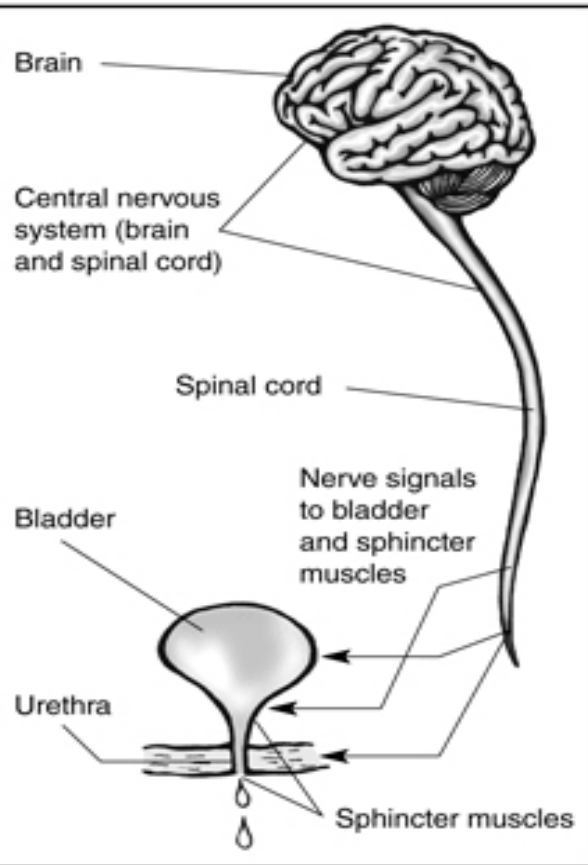


How it works.



- The spinal cord and brain play an important role in controlling the urinary system
- Messages from the brain that control your bladder have to travel the whole length of the spinal cord
- Nerve receptors in the bladder signal to the spinal cord that the bladder is starting to fill up
- The spinal cord then sends signals to the brain that you feel the need to pass urine
- At this point you still have control about when you empty your bladder

How it works.



- The brain is able to ignore these signals until they become so strong that you have to empty your bladder
- Once at the toilet, your brain sends a signal to the bladder to contract and relax the sphincter muscle.
- Urine is then expelled and the bladder is emptied.
- The bladder then begins to fill and the process begins again.


The Neurogenic bladder



- People with neurological conditions such as MS can experience bladder problems
- These problems can arise from interruptions to the nerve pathways
- When there is damage to nerves, transmission of signals between the brain and part of the spinal cord that controls the urinary system becomes interrupted



Problems

- 
- Incontinence- inability to hold urine in the bladder
 - Retention- inability to empty urine from the bladder
 - A combination of the two
 - UTI- Urinary tract infection due to residual urine



Bladder Management

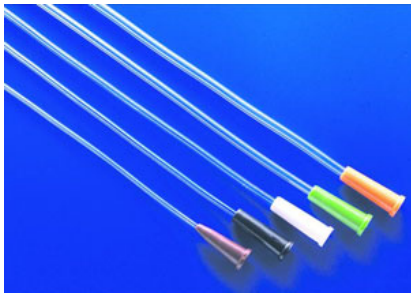


- Life style changes e.g increase water intake, decrease caffeine intake, avoid constipation
- Pelvic Floor Exercises
- Medication
- Catheters

Catheters!

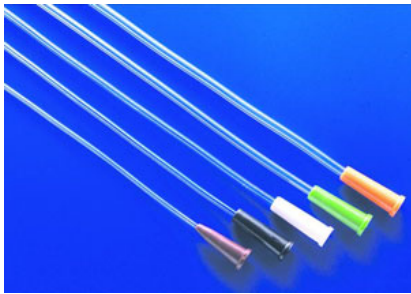


Intermittent Self Catheterisation



- Most effective solution for incomplete bladder emptying
- The technique of passing a single use catheter when you have difficulty emptying your bladder in the normal way
- It will help you to manage and improve your bladder health

Intermittent Self Catheterisation



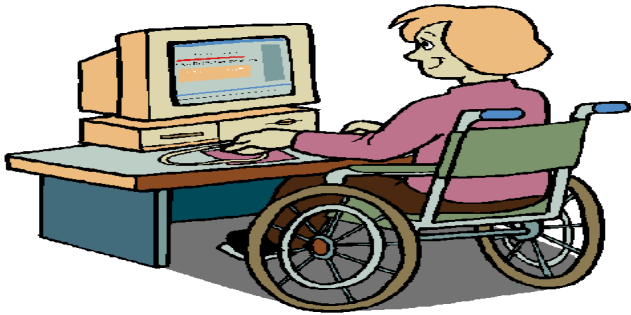
- Clean technique
- Single use only
- Pre lubricated- kind to the urethra
- Once catheter is passed , urine is expelled, catheter is removed and disposed of



What are the benefits?

- Decrease the risk of UTI
- Help reduce spasm which have become worse if bladder is full or a UTI is present
- Sleep Better- ISC prior to bed will completely empty your bladder and reduce the number of times you are up at night, Also help prevent night time leakage
- Reduce Fatigue- Worrying or visiting the toilet frequently is tiring, performing ISC will give you better control over your bladder.
- Not having a permanent catheter attached to bag
- Improves your quality of life
- Increase independence
- Allows you to maintain sexual relationship

Who can do it?

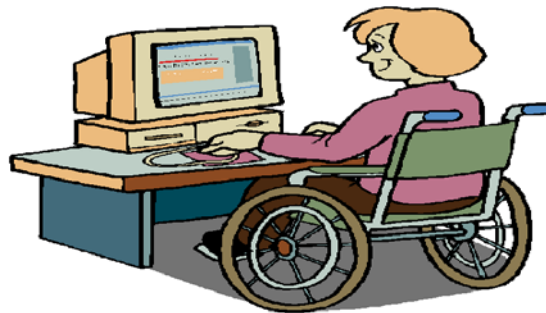
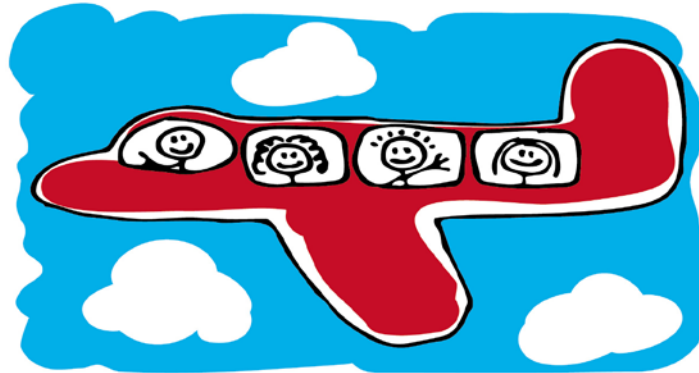


- Most people
- Many people with poor dexterity and or limited mobility perform ISC regularly



When and Where?

ANYWHERE!!





IN CONCLUSION

- ISC is a proven safe technique for emptying the bladder
- It has great benefits for allowing independence, confidence and preventing embarrassment and unwanted accidents.
- Helps improve quality of life.

● ● ● | SHOULD DEFINITELY NOT
MAKE YOU FEEL SICK



THANK YOU FOR LISTENING