

Intermittent Catheter Recommendations

Patient Information – Urology Service

Intermittent catheterisation

- Use a catheter when you feel the desire / urge to pass urine or every three to four hours. Always attempt to pass urine first and then insert a catheter afterwards.
- Measure the volume you void and the volume from the catheter.
- If you get volumes from the catheter that are less than 100 mL consistently, reduce the frequency of catheters until you stop catheterising altogether.
- If you are getting volumes from the catheter that are greater than 400 mL, increase the frequency of catheterisation.
- If you are not voiding normally, aim for catheter volumes of between 250 and 450 mL.
- Overnight, you should not need to catheterise unless you feel the urge/desire to, if you leak, or if you have volumes of more than 600 mL.
- Volumes will be slightly higher in the morning, but this is normal.

Contact information

If you have any concerns or questions regarding your continence or catheter, please call one of our Continence Nurse Specialists on (03) 364 0541 or (03) 364 1008.

For more information about:

- Hospital and specialist services, go to www.healthnz.govt.nz/hospitals-services/hospitals/canterbury
- Your health and medication, go to www.healthnz.govt.nz/health-topics
- NZ Continence Association, go to www.continence.org.nz

For information on parking, how to get to the hospital, and visiting hours, please visit the [Christchurch Hospital](#) website.