

No doubt the very idea of using a catheter is unpleasant, but be assured that the majority of people who do use one find that it is far more manageable than the previous problems with constant spasms, frequent, possibly painful urge and loss of urine at inconvenient and embarrassing times.

The procedure should not be painful if done correctly. Hygiene is absolutely vital. Lubricant jelly (K-Y) may be helpful in both men and women.

Continence advisors in your area are the best people to see about advice on details. (see below for contact addresses for national organisations).