

The nurse will help you get what items you need. Some items may be for free and for some you will need to pay. The nurse will tell you what you need and how to get it.

## Equipment

- Catheter e.g: specify type / size .....
- Leg bag / catheter valve .....
- Night bag / drainage bottle .....
- Catheter strap or other .....
- Catheter pack .....
- Anaesthetic gel .....
- Other .....

## Further Information

Funding support

State .....

Commonwealth .....

Other (NDIS, packaged care, DVA) .....

Where to get equipment .....

.....

## How can we help?

There are six Me and My Catheter self-care sheets available.

- Sheet 1 - What is a catheter and why do I have one?
- Sheet 2 - How do I care for my catheter and bags?
- Sheet 3 - How do I change a leg bag and connect the night bag?
- Sheet 4 - How can I avoid infections?
- Sheet 5 - What do I do if something goes wrong?
- Sheet 6 - How can I get more equipment?

If you have any questions or would like to find out about other self-care options, you can contact Bolton Clarke, the National Continence Helpline or your trusted health professional.

[hello@boltonclarke.com.au](mailto:hello@boltonclarke.com.au)

[www.boltonclarke.com.au](http://www.boltonclarke.com.au)

1300 22 11 22

National Continence Helpline 1800 33 00 66.

Free telephone service, provided by the Continence Foundation of Australia, that offers confidential information, advice and support.

This resource was developed in partnership with the Continence Foundation of Australia.

