

# 3 Decreasing frequency pattern of intermittent self-catheterization in general urology

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## Objectives:

To evaluate therapeutic response and morbidity in patients with voiding bladder dysfunction (VBD) using a decreasing frequency pattern (DFP) for Intermittent self-catheterization (ISC)

## Patients and methods:

In a 2 year-period, 27 patients (15 females and 12 males) with VBD and significant post void residual (PVR) (>100ml) were monitored (ages from 32 to 82 years, average 54,3). Ultrasonography and urodynamic test were used for diagnosis.

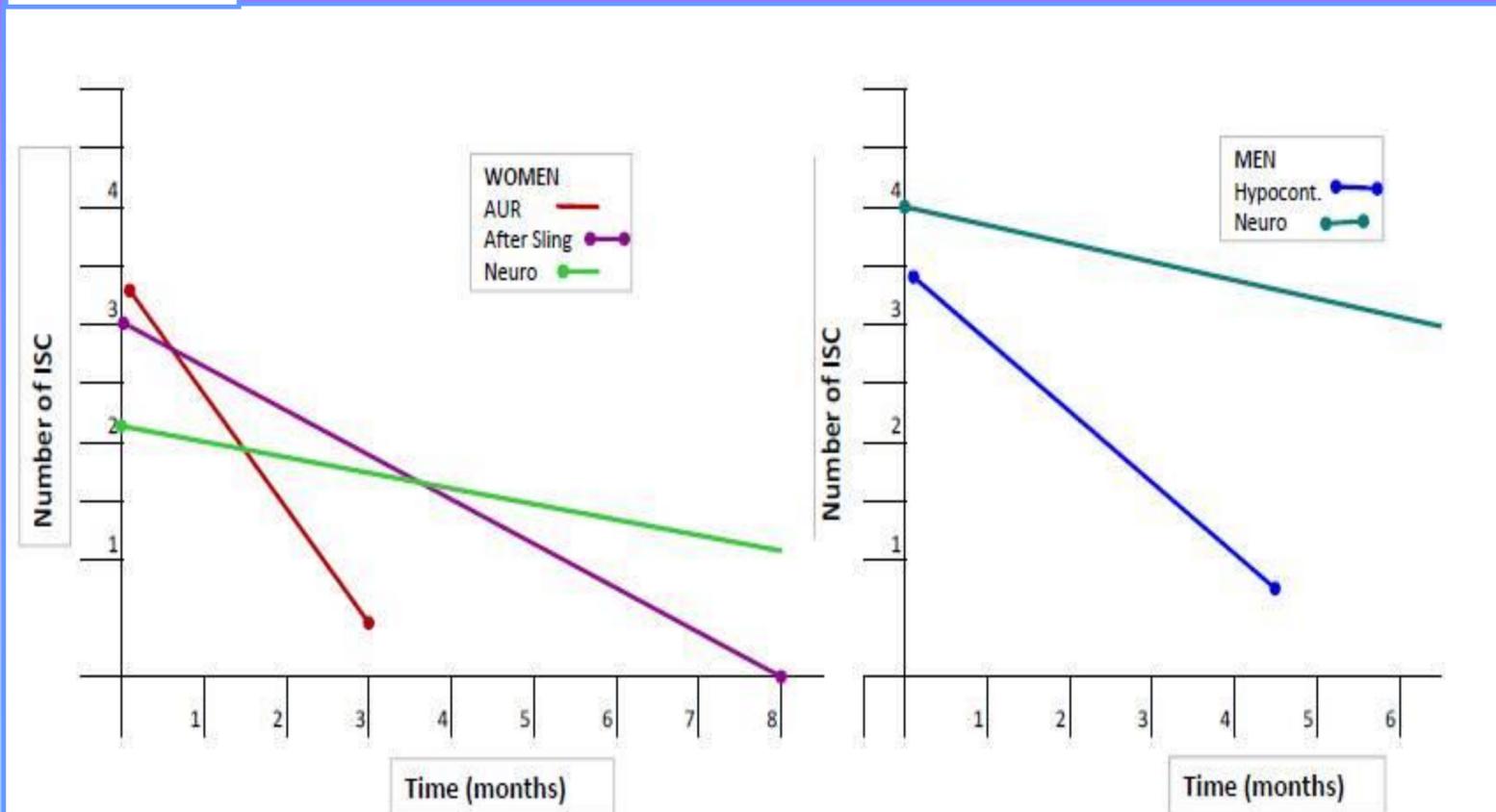
An individualized session was done with every patient to teach ISC. A control visit in 7 days and successive monthly visits with continence advisor and urologist followed.

**DFP consisted in gradually decreasing the number of ISC/day, when the PVR was consistently <100ml.**

Group	Males (n=12)	Females (n=15)
AUR idiopathic	-	7
Detrusor hypocontractile	6	-
Painful bladder	-	2
Post Sling surgery	-	3
Central neuropathy	1	1
Peripheral neuropathy	4	2
Neobladder	1	-

**Table: clinical distribution**

## Results:



**Fig- Average ISC/ day in different clinical groups, showing DFP**

**Average follow-up was 23'5 months (2–66).** The number of ISC and PVR decreased in the entire group using DFP.

41% of the patients didn't need ISC after an average of 7'4months. All females with painful bladder or AUR after sling were ISC-free after a mean time of 8 months. Aside from neuropathic patients, average ISC/24h at the end of follow-up was <1. Mean time to achieve stable or no PVR was 9'7 months (0.7-63). Neuropathic patients decreased their PVR more slowly.

**Complications:** Urinary tract infection (UTI) (9 patients: 7 males and 2 females) was the only complication, being more common in men(58%) than in women(13%). One male patient required an orchidectomy due to severe orchitis.

In a telephone survey for the last follow-up, overall patient satisfaction was rated 6/10.

## Conclusions:

- ✓ISC is a well-accepted technique with a minimum interference in everyday life.
- ✓DFP allows most patients to decrease the frequency and almost half to be ISC-free.
- ✓Neurogenic patients do not respond as well to this pattern.
- ✓The high frequency of UTI in men warrants close supervision and further measures.