

# Advanced Catheterisation Trainer

Product No: 60150



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**limbsandthings.com**

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## Advanced Catheterisation Trainer

60150

The Advanced Catheterisation Trainer allows the trainee to learn urethral and supra-pubic catheterisation, as well as how to demonstrate self-catheterisation to patients (when using the optional Self Catheterisation Stand). It has interchangeable accurate male and female anatomy, and both sets of genitalia are realistically soft and compliant. The feel of the catheter passing along the urethra into the bladder corresponds closely to real life.

### Skills

- Correct handling of male and female anatomy
- Aseptic catheterisation technique
- Catheter placement: accepts catheters from 14-16 French (male) and 12-16 French (female)
- Fluid management
- Withdrawal of catheter
- Suprapubic catheter insertion and catheter management
- Intermittent self catheterisation (ISC) when using the optional Self Catheterisation Stand (60167)

### Features

- Latex free
- Supple urethra and resistant sphincter providing realistic response
- Non drip valve
- Male anatomy: realistic meatus, flaccid penis and replaceable foreskin
- Female anatomy: partable labia with realistic urethral meatus and vaginal opening
- 1 litre fluid bag on stand provides pressurised fluid flow
- Easily interchangeable Male and Female Catheterisation Units
- Syringe supplied with water-based lubricant to simulate proprietary local anaesthetic gel
- Reusable double-sleeve catheter packaging is supplied for teaching aseptic catheter handling



### Package supplied

- **60156** 1 Female Catheterisation Unit
- **60152** 1 Male Catheterisation Unit
- **60154** Catheterisation Foreskin (Pack of 3)
- **60158** Suprapubic Bung (Pack of 2)
- **60161** 2 Standard Bung
- **50185** Antifungal Agent Milton Sterilising Fluid (500ml)
- **60160** 2 Aseptic Catheterisation Sleeves
- **50183** 1 Mock LA Gel with Syringe
- **60159** 1 Male Catheterisation Sphincter Kit
- **60162** 1 Female Catheterisation Sphincter Kit
- 1 Pelvic shell
- 1 Plastic kidney dish
- 1 Drip tray with bag stand & 1litre fluid bag
- 14 French foley catheter (male) &  
12 French foley catheter (female)
- 2 litre jug

### Note

Do not leave catheters inserted in the Trainer or attempt to remove a catheter which has an inflated balloon.

Catheterisation is a wet process. Do not set up the product near electrical appliances or items damaged by water.

## Components



**Female Catheterisation Unit**  
Product No: **60156**



**Male Catheterisation Unit**  
Product No: **60152**



**Catheterisation Foreskin (x3)**  
Product No: **60154**



**Suprapubic Bung (x2)**  
Product No: **60158**



**Standard Bung**  
Product No: **60161**



**Antifungal Agent**  
Milton Sterilising Fluid (500ml)  
Product No: **50185**



**Aseptic Catheterisation Sleeves**  
Product No: **60160**



**Mock LA Gel with Syringe**  
Product No: **50183**



**Male Catheterisation Sphincter Kit - 60159**



**Female Catheterisation Sphincter Kit - 60162**

## Setting up the Trainer

1



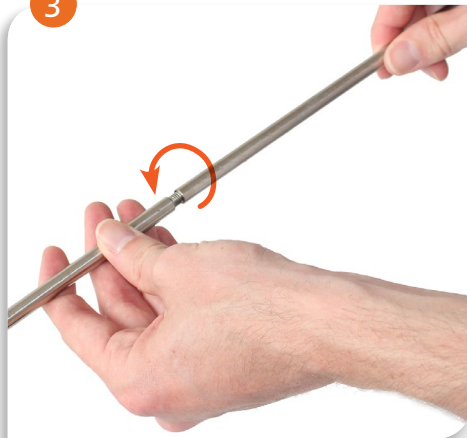
Place the drip tray onto the work surface

2



Place the pelvic base onto the drip tray with the genitalia facing forwards

3



Screw the two parts of the metal fluid bag stand together

4



Insert one end of the stand into the hole at the back of the drip tray. Ensure that the arm at the top of the stand is facing forwards

5



Tighten the red turnscrew until the stand is securely in position

6



Hang the fluid bag on the top of stand

7



Connect the fluid bag to the bladder feed tube (with the white connector, at the back of the catheterisation unit)

8



Open the cap on the top of the fluid bag and place the air vent tube (tube without connector, at the back of the Catheterisation Unit) into the bag ensuring the end is positioned at the very bottom

Should the connector fail to attach to the fluid bag the connector mechanism may need resetting. See 'Troubleshooting' on page 14

## Setting up the Trainer

9



Fill the 30ml bottle cap with Milton (x2)

10



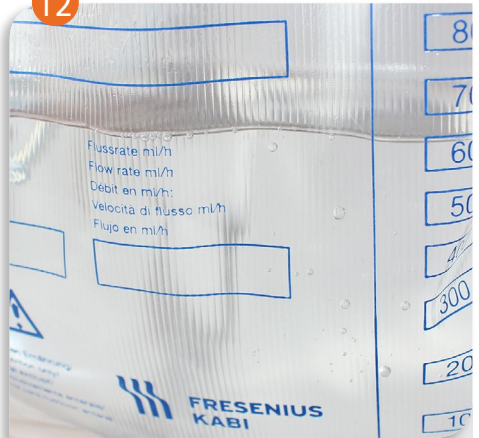
Dispense 60ml into 1 litre of water in the plastic jug

11



Fill the bag with water. The bladder will start filling

12



Any air in the bladder will vent out of the tube into the bag. When the air bubbles stop, the bladder is completely full. Top up the bag to the 1 litre mark to provide realistic fluid pressure.

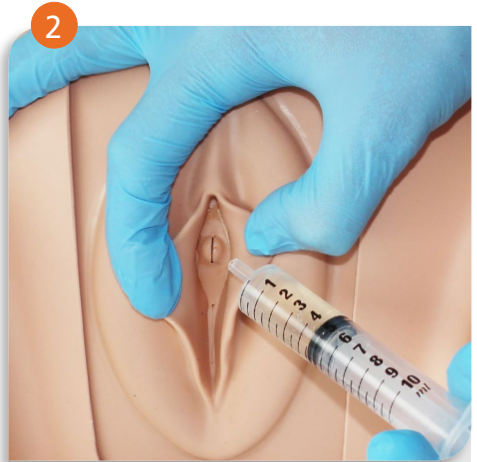
**The Trainer is ready to use**

## Preparing for catheterisation

The water-based lubricant is used to simulate sterile anaesthetic gel (Instillagel®) which is used prior to catheterisation



1  
Squeeze some of the lubricant into the syringe



2  
Inject 1-2 ml of lubricant into the urethral orifice

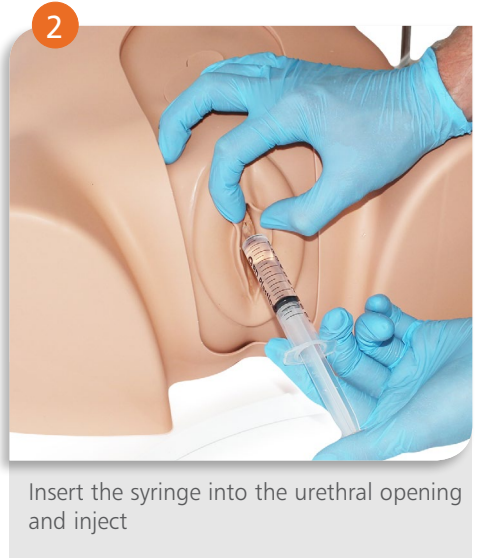
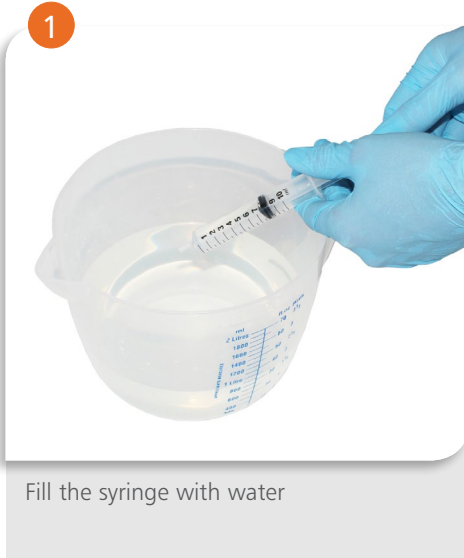


The Trainer is now ready for catheter insertion



## Flushing lubricant out

At the end of each training session the urethra should be flushed through with water, as lubricant can dry inside it and impair the catheterisation process. This procedure can also be applied to a blocked urethra during use



The catheter should be flushed through with water after each training session as the gel can sometimes block the end of the catheter



## Using the Aseptic Catheterisation Sleeves

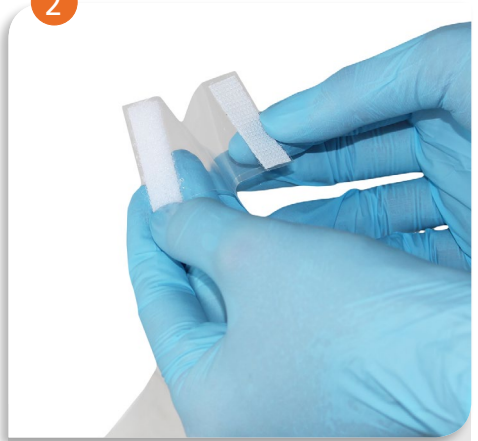
The Aseptic Catheterisation Sleeves are intended to simulate the sterile packaging urinary catheters are supplied in. The sleeves are reusable, providing a cost effective solution for repeatedly practising the aseptic technique required for urethral catheterisation

1



Each Aseptic Catheterisation Sleeve consists of 2 parts: large (representing nonsterile outer packaging) and small (representing sterile inner packaging), as per normal catheter packaging

2



Open the inner sleeve by pulling apart the Velcro™ tabs

3



Hold the sleeve at the seams and squeeze it lightly so that it opens fully

4



Run the other hand down the seams so that the sleeve opens fully all the way down

## Using the Aseptic Catheterisation Sleeves

5



Hold the sleeve upright in a semi-open fist and feed the catheter down into it

6



Place the sleeve on the work surface and secure the Velcro™ tabs

7



With the outer sleeve flat on the work surface, feed the inner sleeve into it

8



Seal the Velcro™ tabs.

**The Aseptic Catheterisation Sleeve is ready to use**

## Bung removal and fitting



1  
Lift the tab.  
Carefully remove the bung, whilst holding down the surrounding perineal skin, with thumb and index finger



2  
Any kinks on the inside rim of the opening should be straightened out



3  
To replace the bung, carefully position it in the opening, making sure that it is properly engaged all the way round



4  
Slowly 'massage' the bung in place by using a circular rocking motion

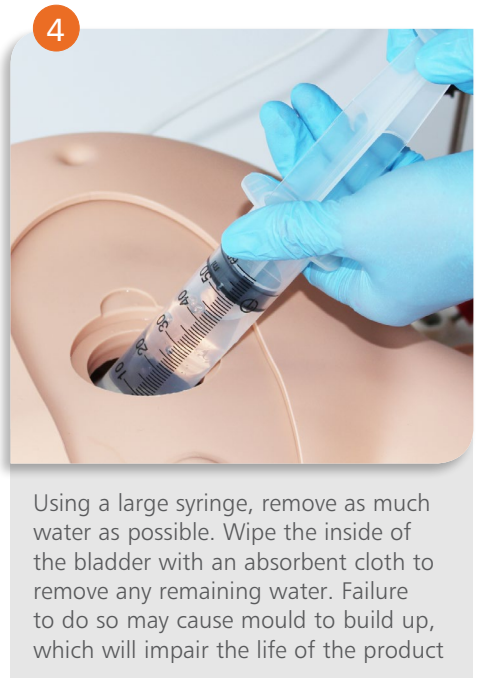
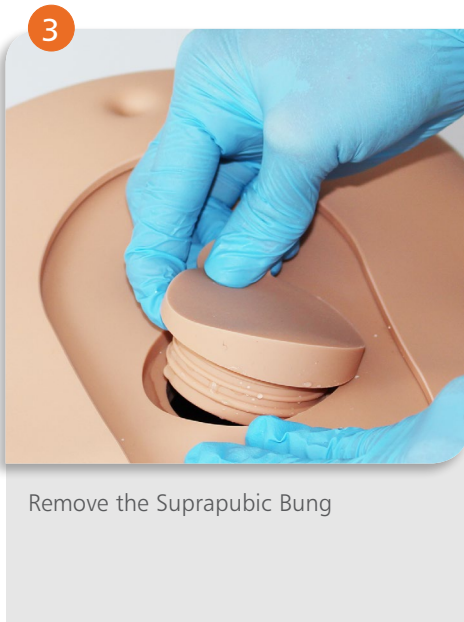
### NOTE

If the bung is difficult to fit apply a thin layer of water-based lubricant to the main 'plug' before fitting. Wipe off any excess after fitting

## Emptying the bladder



Should the connector fail to attach to the fluid bag the connector mechanism may need resetting. See 'Troubleshooting' on page 14



## Changing the Catheterisation Units

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### To remove

- Grasp the Catheterisation Unit and gently pull it out from the pelvic base
- The top of the base may need to be lifted slightly to allow for clearance



### To insert

- Gently push the Catheterisation Unit into the base. The Unit may need to be pushed up slightly to clear the base plate

## Troubleshooting

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1



Connector in the locked position, preventing items from being attached to it

2



Unlock the connector by depressing the metal clip  
The connector is reset and ready to use when the pin pops out

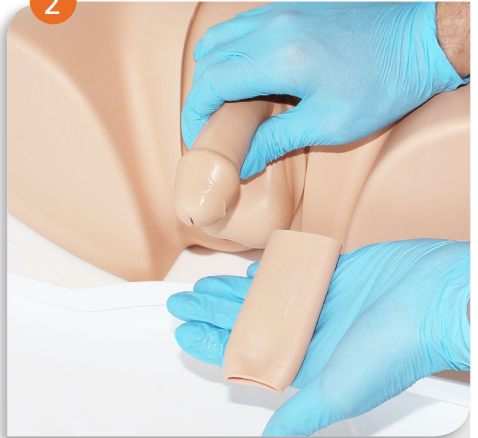
## Attaching the foreskin

1



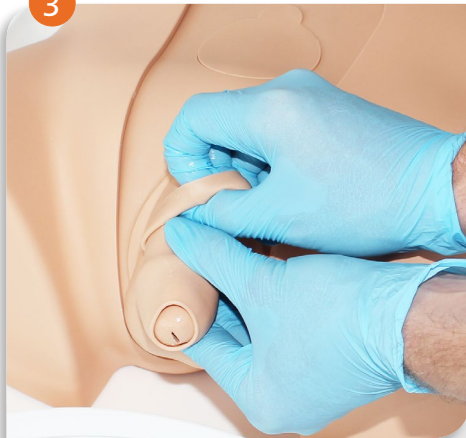
Apply the supplied waterbased lubricant to the glans of the penis. Ensure the entire glans is coated

2



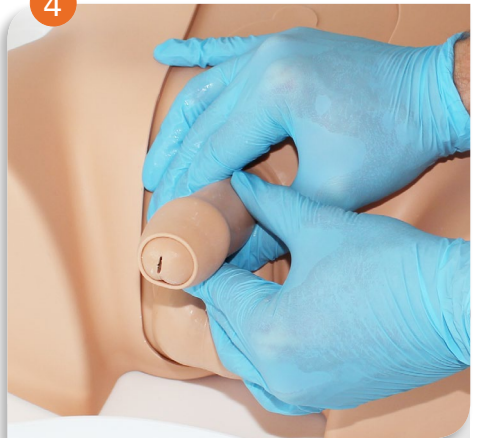
Ensure the correct orientation of the foreskin

3



Carefully roll back half the proximal end of the foreskin, and feed it over the glans and onto the shaft of the penis

4



Push the foreskin back so that the opening (distal end) is close to the tip of the glans. Ensure the Foreskin fits smoothly over the penis.

**The penis is now ready for catheterisation**

## Removing the sphincter

1



Place the Catheterisation Unit on the work surface and remove the Bung

2



Lift up the Skin at the back and release it from the base

3



Peel the Skin away from the top of the base and allow it to hang down over the front of the Unit

4



Hold the base down. Grip the Skin securely around the connector and gently pull it away from the bladder



5



**NOTE:** When separating the Skin from the bladder, hold the Skin by the thick reinforced area around the connector

6



Push in the lugs on either side ...

7



... and on the back of the bladder to separate it from the base

8



Push the fluid tube out of the slot at the back of the base

## Removing the sphincter

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9 Push the valve housing up and behind the pubic bone



10 Push the bladder up and out of the base



11 Make sure the bladder is completely empty, then place it upside down on the work surface



12 Using both thumbs, push the O ring out of the groove ...

13



... and off the end of the urethral connector

14



Turn the bladder back over and push the urethral connector up into the bladder

15



The sphincter should start coming out of the connector

16



Continue to push until the sphincter is free

## Replacing the sphincter

1



When inserting the new sphincter ensure that the end with the red valve faces outwards. The male and female sphincters are easy to differentiate: the female sphincter (left picture) is shorter in length than the male (right picture)

2



Lubricate the inside of the urethral connector

3



Insert the sphincter into the connector and push it in with your thumb

4



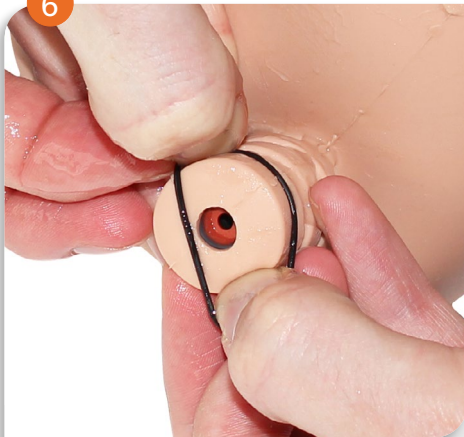
Push the sphincter in until the red valve is visible at the end

5



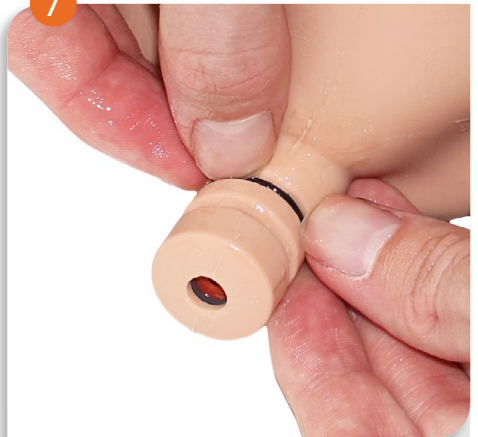
Lubricate the outer part of the connector

6



Slide the O ring over the end ...

7



... and onto the innermost groove

## Replacing the sphincter



8  
Feed the fluid tubes through the hole at the back of the base...



9  
... and then gently push the bladder back into the base



10  
Ensure that the bottom of the bladder fits into the fins on the bottom of the base



11  
Gently push the lugs into the holes in the side of the base to secure the bladder in position

12



Lubricate the inside of the urethral connector on the Skin

13



Use 2 or 3 fingers to support the back of the sphincter

14



Line the bladder up with the Skin and push them together. A 'pop' will be felt when the parts are correctly fitted

15



Attach the bottom of the Catheterisation Skin to the base

## Replacing the sphincter

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16



Secure the Skin around the lip at the front of the base

17



Drape the Skin over the top of the base and secure it with the lug at the back

18



Secure the Skin with the lugs at the sides

19



Lubricate the bung and push it back into position.  
**The Catheterisation Unit is now ready to use**



## NEW IMPROVED: Suprapubic Catheterisation Management Bung

60168

Set of 2 bungs, to be used with Limbs & Things Catheterisation Trainer Range



This Pre-Ported Suprapubic Bung allows for the management of catheters after surgical procedure has taken place

1



Remove the bung

2



Insert the Suprapubic Catheterisation Management Bung

## Suprapubic Catheterisation Management Bung

3



Apply a small amount of lubricant into the hole at the top of the Suprapubic Catheterisation Management Bung

4



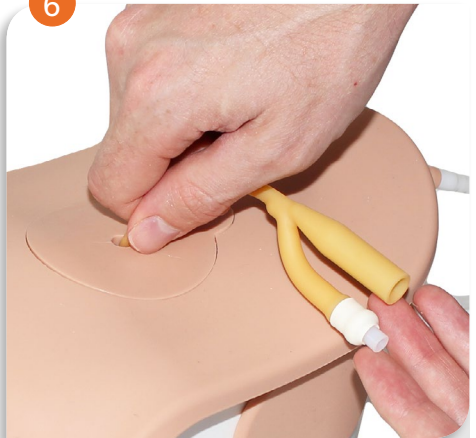
Apply a small amount of lubricant to the catheter

5



Insert the lubricated catheter into the hole at the top of the Suprapubic Catheterisation Management Bung

6



Feed the catheter through until water begins to drain from the end of the catheter



*You may also be interested in...*

## Using the optional Self Catheterisation Stand

**60167**

Use with Catheterisation Trainers:  
**60150, 60151, 60155, 60166** for  
teaching intermittent self catheterisation



*To find out more visit:*

**limbsandthings.com**