Title: A handy mirror for self-catheterization in female patients

Authors: YOKOYAMA, Masayoshi; MATSUMOTO, Atsushi; TAKEUCHI, Masafumi

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A HANDY MIRROR FOR SELF-CATHETERIZATION IN FEMALE PATIENTS

Masayoshi Yokoyama, Atsushi Matsumoto and Masafumi Takeuchi

From the Department of Urology, Ehime University School of Medicine

We have developed a handy mirror for self-catheterization in female patients. This mirror, as large as a credit card, is made of finely polished stainless steel, and a 12 Fr catheter can be easily attached to or detached from the mirror.

**Key words:** Self-catheterization, Mirror, Neurogenic bladder

The self-catheterization in neurogenic bladder patients is one of the most important modalities of urinary control. The development of the catheter specially designed for this purpose has contributed towards its popularization. It is, however, not always easy for female patients to use. We have made a handy mirror about the size of a credit card, which is very useful in training the female patients.

**INSTRUMENT AND TECHNIQUE**

This mirror, which is made of stainless steel and polished finely, is stout and as clear as a glass mirror (Fig. 1). As a catheter of 12 French size can be held in the slit of the mirror, the patient can handle them in one hand (Fig. 2). The mirror can be easily detached from the catheter after it is introduced into the bladder.

**DISCUSSION**

The self-catheterization has given definite solutions in controlling bladder evacuation in many patients. However, this technique is sometimes difficult or requires troublesome training in female patients. Several attempts have been made to improve the instruments. Bruijinen et al. reported a metal catheter with a mirror. However, it may be more practical if the mirror can be detached from the catheter. Although Iwatsubo et al. developed a ring mirror, it is too small for good visualization and handling. Our mirror, as large as a credit card, gives a sufficient visual field and is immune to breakdown. We believe that this mirror will help some patients extend...
their social activities.

REFERENCES

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和文抄録

女子自己尿のための携帯用鏡

愛媛大学医学部泌尿器科（主任：竹内正文教授）
横山 雅好、松本 充司、竹内 正文

われわれは、女子自己尿用の携帯用鏡を開発した。この鏡は、表面を微細加工したステンレス鋼でできており、12 Fr. カテーテルを簡単に脱着できる。
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