

A HANDY MIRROR FOR SELF-CATHETERIZATION IN FEMALE PATIENTS

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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 control¹⁾. The development of the catheter specially designed for this purpose has contributed towards its popularization²⁾. 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

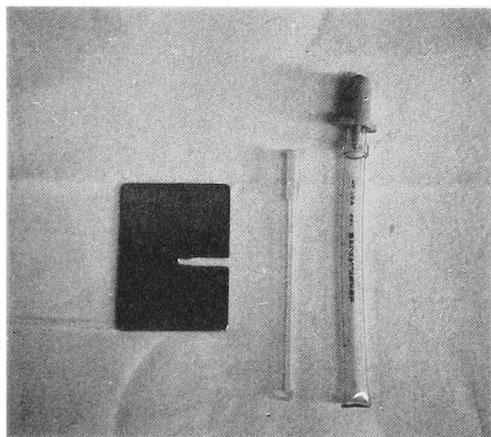


Fig. 1. The handy mirror and the catheter with its container. The catheter fits the slit of the mirror. (The catheter is available through Fuji Systems Corp. Tokyo, Japan)

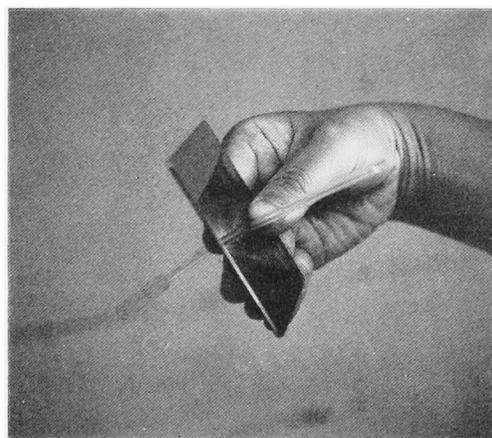


Fig. 2. Patient can handle the mirror and the catheter by one hand.

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. Brujinjen et al. reported a metal catheter with a mirror³⁾. However, it may be more practical if the mirror can be detached from the catheter. Although Iwatsubo et al. developed a ring mirror²⁾, 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.

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(Accepted for publication April 12, 1988)

和文抄録

女子自己導尿のための携帯用鏡

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われわれは、女子自己導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。
(泌尿紀要 **35**: 397-398, 1989)