





## 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

