

## SELF-CATHETERIZATION GUIDELINES FOR MALES

1

Wash your hands well with soap and warm water or use an alcohol based hand sanitizer.

2

Move back the foreskin of your penis if uncircumcised. Wash the tip of your penis and your urethral opening with soap and water, a moist towelette, or baby wipe.

3

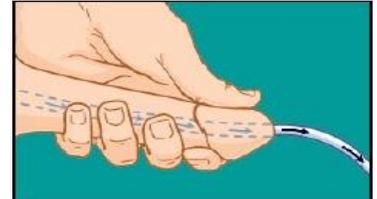
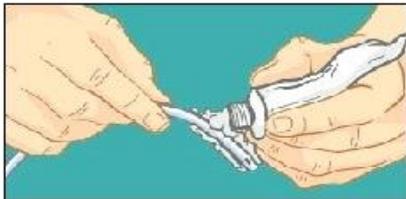
Remove the catheter from its packaging. If it requires lubrication, apply the lubricant to the tip and top two inches of the catheter.

4

With one hand, hold your penis straight out. Use your dominant hand to slowly insert the catheter into your urethra using firm, gentle pressure until urine starts to flow. Insert the catheter about two more inches. Do not force the catheter. If it is hard to insert, relax and breathe deeply. Lower the penis and allow urine to drain into a toilet, basin, or attached drainage bag.

5

When urine stops flowing, slowly remove and discard the catheter. Be sure to wash your hands.



### WHEN TO CALL A DOCTOR:

While self-catheterization is safe, occasionally problems may arise. Call your doctor if you notice the following:

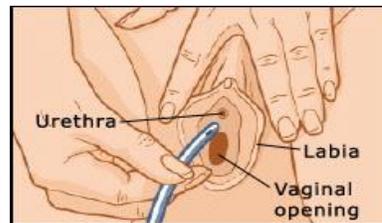
- Blood in urine
- Foul-smelling urine
- Painful Catheterization
- Leakage between catheterizations
- Little or no urine flow
- Strong, persistent urge to urinate
- Lower back or abdominal pain
- Fever greater than 100.4°F
- Difficulty passing the catheter

### TIPS:

- Use a clean or sterile catheter each time you empty your bladder
- Relax
- Drink plenty of fluids
- Follow your catheterization regimen whether you feel the need to urinate or not
- Keep a log of your self-catheterization schedule

## SELF-CATHETERIZATION GUIDELINES FOR FEMALES

<b>1</b>	Wash your hands well with soap and warm water or use an alcohol based hand sanitizer.
<b>2</b>	Separate the folds of your labia with your second and fourth fingers. Wash your urethral opening with soap and water, a moist towelette, or baby wipe by wiping front to back. You can use a mirror to help you find the opening.
<b>3</b>	Remove the catheter from its packaging. If it requires lubrication, apply the lubricant to the tip and top two inches of the catheter.
<b>4</b>	With one hand, keep the fold of your labia spread. Use your dominant hand to slowly insert the catheter into your urethra until urine starts to flow. Do not force the catheter. If it is hard to insert, relax and breathe deeply. Allow urine to drain into a toilet, basin, or attached drainage bag.
<b>5</b>	When urine stops flowing, slowly remove and discard the catheter. Be sure to wash your hands.



### WHEN TO CALL A DOCTOR:

While self-catheterization is safe, occasionally problems may arise. Call your doctor if you notice the following:

- Blood in urine
- Painful Catheterization
- Leakage between catheterization
- Little or no urine flow
- Strong, persistent urge to urinate
- Foul-smelling urine
- Lower back or abdominal pain
- Fever greater than 100.4°F
- Difficulty passing the catheter

### TIPS:

- Use a clean or sterile catheter each time you empty your bladder
- Relax
- Drink plenty of fluids
- Follow your catheterization regimen whether you feel the need to urinate or not
- Keep a log of your self-catheterization schedule