



Re-using catheters:

A clean technique can be used at home. This means as long as you are very careful to wash your hands, your urethral area and the catheter, the risk of getting a urinary tract infection is relatively low. Many people will reuse a catheter for 1-2 weeks and then throw it out.

Important Points:

1. Follow a schedule for catheterizing yourself set up by your doctor or nurse. If you do not there is increased risk for an infection, urine leakage or over stretching your bladder.
2. Try to keep the amount of urine drained when you catheterize to less than 400 cc. If greater than 400 cc you may need to catheterize yourself more often.
3. If you have difficulty removing the catheter, try to relax wait a few minutes and try again.
4. Drink 6-8 large glasses of fluid every day unless otherwise instructed by your doctor or nurse.
5. Call your nurse/doctor if you have any of the following symptoms; fever with no respiratory symptoms, nausea, back pain, cloudy or foul smelling urine,

burning on voiding, increase in urinary urgency or frequency, blood in your urine that does not clear up 3 days after starting to catheterize, sudden pain/bleeding when inserting catheter, absence of urine for 6-8 hours, inability to keep catheterized volumes within recommended amount.

Signs and Symptoms of when you may need to catheterize more often:

- Perspiration
- Feeling cold/clammy
- Feeling of fullness in the bladder
- Constant or consistent dribbling of urine



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How to Catheterize Yourself: For Men





When Catheterizing Yourself:

Gather your supplies before starting and place within reach on a table/counter top:

- A clean plastic catheter (French size 12-14)
- Clean washcloth/paper towel with soapy water
- Clean washcloth/paper towel with warm water, no soap to rinse
- Soap and water
- Water soluble lubricant not Vaseline (e.g. Muko or KY Jelly)
- A large measuring container
- Clean paper towels
- Tupperware or other clean container with a lid

Getting ready:

- First, try to pass your urine into a measuring container.
- You can catheterize while standing or sitting on a toilet or in bed with a measuring container between your legs
- Wash your hands with soap and water
- If using a new catheter, open the packaging so the catheter rests on top
- Place some lubricant on a clean paper towel

To do the Catheterization:

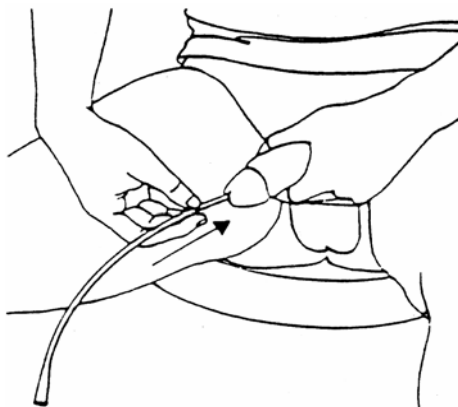
1. Roll the tip of the catheter in the lubricant so that it is covered halfway up with lubricant jelly. Place the catheter on the paper towel.
2. If you are not circumcised, pull back

the foreskin on your penis and keep it back throughout the catheterization.

3. Using the soapy washcloth, wash the end of your penis thoroughly.
4. Rinse the area well using the wet wash cloth.
5. Wash your hands with soap and water



6. Place a container for urine between your legs or sit on a toilet.
7. Hold your penis at a right angle to your body. Grasp the catheter halfway from the tip as you would a pencil or dart.



8. Slowly insert the catheter into the urethral opening about seven to ten inches, until urine begins to flow. Allow all the urine to drain.
9. If you meet resistance, stop and take a deep breath and gently continue inserting the catheter.
10. While removing the catheter stop if more urine starts to drain.
11. To completely remove the catheter, pinch it and pull it out. This prevents urine from flowing back into the catheter.
12. Pull your foreskin forward again.
13. Wash the catheter (see below)
14. Wash your hands.

Clean Up and Storage

- Record the amount of urine that you passed and the amount that came from the catheter (called the residual volume).
- Wash the catheter well in the sink using warm water and liquid soap. Liquid dish detergent is fine.
- Rinse the catheter well inside and out with warm clean water
- Place on a clean paper towel inside a covered container e.g. Tupperware container