



EXTERNAL CATHETERS FOR MEN

PATIENT GUIDE



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The male external catheter (MEC) is a simple sheath placed over the penis of incontinent males to help divert urine to a drainage or leg bag, protecting the skin from contact with urine and minimizing urine odors. A properly fitted catheter is crucial in keeping you dry and ensuring good drainage.

WHAT TYPE OF CATHETER SHOULD I USE?

Common materials are latex or silicone. Your catheter should be chosen based on size and skin sensitivity.

HOW DO I KNOW WHAT SIZE CATHETER I NEED?

Your catheter size can be determined using a sizing guide. Manufacturers may vary slightly in their size ranges, however, a sizing guide is an excellent starting point. It may be necessary to try different sizes to find the right fit.

HOW LONG CAN I WEAR AN EXTERNAL CATHETER?

An external catheter should be in place for up to 24 hours only. Remove the catheter and wash your penis at least once daily. Check the catheter over the course of the day to make sure there is a proper seal, good drainage, and that your penis is not getting irritated. More frequent checks may be required if you are doing activities that might loosen the catheter.

WHEN SHOULD I USE A LEG BAG VS. A DRAIN BAG?

You can use a drain bag either during the night only or throughout the entire day and night. A leg bag can be worn during the day, but you should switch to a drain bag for overnight use.

DOES A LEG BAG REQUIRE EXTENSION TUBING?

In most cases, you will find that a tubing extension is essential for comfort and proper placement of the leg bag. The leg bag can be positioned either on the thigh or on the calf. You can cut the extension tubing to the length that is best for you, and then attach it to the leg bag.

If you are using extension tubing, make sure it has been measured and cut to the correct length to allow for movement during walking or transfer. You want to prevent tension on the catheter, which could cause it to come off accidentally. Connect one end of the tubing to the connector tip of the catheter and the other end to the drainage bag. Make sure the catheter is not twisted!

PLACE CATHETER SIZING GUIDE NEXT TO PENIS SHAFT AND SELECT CORRESPONDING CATHETER SIZE.

See Other Side for Catheter Sizes.

SIZING GUIDE

See Instructions
on Other Side

**25 MM
SMALL**

**29 MM
MEDIUM**

**32 MM
INTERMEDIATE**

**36 MM
LARGE**

**41 MM
X-LARGE**

GETTING THE SIZE RIGHT

To find the appropriate size external catheter, you will need to measure the diameter of the penis. This can be done with a sizing guide. Measure the penis below the glans at the shaft, where the diameter is largest. Sit on the edge of a bed or chair with legs slightly spread for the best measurement.

If it looks like you range between two sizes, select the smaller size. The material of the external catheter is flexible and should ensure a snug fit. Choosing a larger size might result in leakage.

The length of the penis does not need to be measured. Male external catheters fit most penis lengths, except when the penis is very small or retracted.

EQUIPMENT YOU'LL NEED

- Catheter – the size and type recommended by your healthcare provider
- Skin protectant wipe (if advised by your healthcare provider)
- Soap and water
- Washcloth
- Towel
- Scissors
- Urinary Collection Bag
 - Drain Bag
 - Leg Bag, Extension Tubing

APPLYING THE EXTERNAL CATHETER

STEP-BY-STEP INSTRUCTIONS

STEP 1. Wash hands with soap and water.

STEP 2. Wash the penis with soap and water.
Rinse and dry.

NOTE: Wait 15-20 minutes after a bath or shower to allow for complete drying before application.

STEP 3. With scissors, trim hair on the penis and its base to prevent hair from sticking to adhesive.

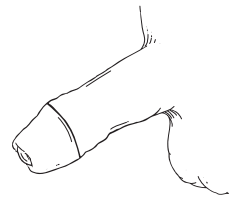
NOTE: You can also tear a small hole in the center of a paper towel and slip it over the penis to the base to keep the hair out of the way.

STEP 4. Make sure there is no redness or irritation on the penis.

STEP 5. If you are uncircumcised, make sure foreskin is pulled back to its natural position.

STEP 6. If using a skin protective wipe to increase adherence and make the catheter easier to remove, apply it and allow it to dry.

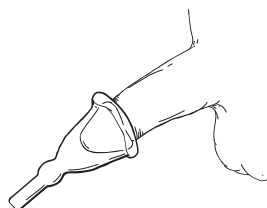
STEP 7. Choose the most appropriate method on the following pages to adhere the catheter, based on catheter type, skin condition and clinical recommendation.



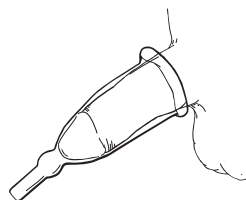
SINGLE-SIDED ADHESIVE STRIP

APPLIED OUTSIDE CATHETER

STEP 1. Place catheter over the head of the penis as shown in the diagram, leaving about 1 to 1½ inches of space between the tip of the penis and the end of the external catheter.

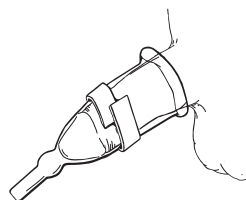


STEP 2. Unroll catheter sheath down entire penis shaft.



STEP 3. Remove paper liner from only **ONE SIDE** of the adhesive foam strip.

STEP 4. Starting just behind the head of the penis, with adhesive side down, wrap the tape in a spiral fashion.



Caution: Do not apply too tightly – doing so will restrict circulation.

DOUBLE-SIDED ADHESIVE STRIP

APPLIED TO THE SKIN, INSIDE CATHETER

STEP 1. Remove the paper liner from only one side of the adhesive foam strip.

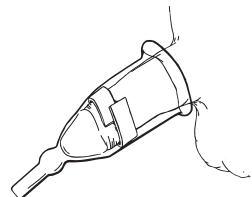
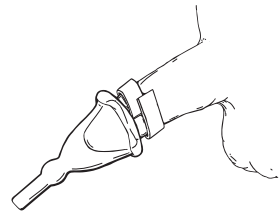
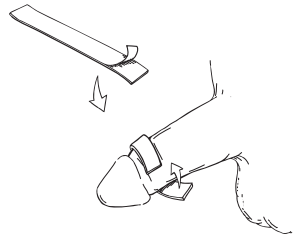
STEP 2. Starting just behind the head of the penis, with adhesive side down, begin to wrap the tape on the penis shaft.

STEP 3. Remove the paper liner from the second side of the adhesive foam strip, and continue applying the adhesive in a spiral fashion, making sure to overlap slightly as shown in the illustration.

Caution: Do not apply too tightly – doing so will restrict circulation.

STEP 4. Place catheter over the head of the penis as shown in the diagram, leaving about 1 to 1½ inches of space between the tip of the penis and the end of the external catheter.

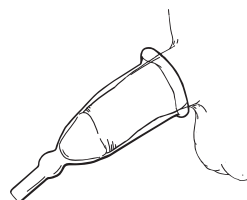
STEP 5. Unroll the catheter sheath down the entire penis shaft, pressing sheath to the adhesive and for secure fit.



SELF-ADHESIVE CATHETER

STEP 1. Unroll the catheter sheath down the entire penis shaft, gently stretching the penis as you apply the catheter.

STEP 2. Press the catheter against the penis to remove air pockets or creases and to ensure a leak-proof seal.



STEP 3. No other glue or adhesive strip is needed.

ONCE CATHETER IS IN PLACE

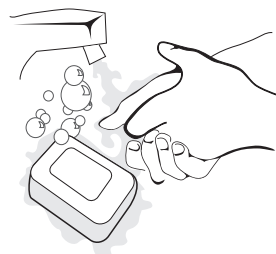
STEP 1. Select a drain bag or leg bag for urine collection.

STEP 2. Attach the connector end of the tubing to the external catheter.

STEP 3. Do not push the tubing connector too far into the external catheter; doing so can result in irritation of the penis.

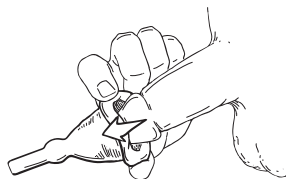
STEP 4. Discard any packaging.

STEP 5. Wash hands with soap and water.



REMOVING THE EXTERNAL CATHETER

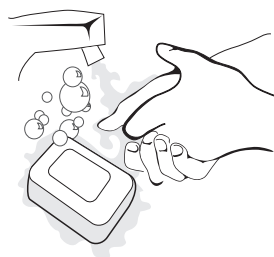
STEP 1. Wet a washcloth with warm water (avoid using hot water). Apply to the penis and hold for a few minutes to allow for the adhesive to begin releasing.



STEP 2. Remove external catheter by rolling off. Adhesive often comes off with the catheter when removed.

STEP 3. Wash the penis with soap and water to remove any remaining adhesive and/or skin protectant.

Note: Do not use adhesive removers that contain solvents. These are harsh on the skin and can result in skin chapping or cracking.



STEP 4. Wash hands with soap and water.

WHAT TO DO IF YOU ENCOUNTER A PROBLEM

What you see, feel or experience	Why this might be happening	What you do
Leakage – the external catheter does not remain secure for a 24-hour period.	There could be several reasons for leakage, including:	
	1. The external catheter is too large.	1. Adjust catheter size; try one size smaller.
	2. There is penile retraction.	2. Remove the rim from the base of the catheter or use a shorter length catheter.
	3. There are occurrences of high volumes of urinary output.	3. If possible, regulate fluid intake evenly throughout the day.
	4. Skin was not completely dry when the adhesive was applied.	4. Make sure skin is dry when applying adhesive. A skin protective wipe may also help keep the adhesive and catheter in place.
	5. Hair may be caught between the catheter and the skin, causing small leaks.	5. Trim the hair.
You develop a pressure sore on the penis shaft.	1. Catheter could be too small, creating pressure.	1. Adjust catheter size. Try one size larger.
	2. Pressure from the rim is too strong.	2. Remove the rim from the catheter base.
	3. The adhesive strip is too tight.	3. Make sure the adhesive strip is applied using a spiral pattern.
The tip of the penis becomes irritated or sore.	1. The leg bag or drain bag connector could be rubbing against the tip of the penis.	1. Adjust the connector so that there is an inch or more between the tip of the penis and the leg bag or drain bag connector piece.
	2. Urine may not be draining well, and sitting against the skin, causing irritation.	2. Make sure the drain tubing and the end of catheter are not twisted or kinked.
Your skin becomes irritated.	1. Sensitivity or allergy to catheter material.	1. If you are using a latex catheter, switch to a latex-free catheter.
	2. Sensitivity to skin care product (for example, soap).	2. Test the product on your wrist to ensure there is no irritation or reaction; change soap if necessary.
	3. Skin was not dry when the adhesive and catheter were applied.	3. Make sure skin is dry when applying the adhesive and catheter.

Caution: External catheters should be used on clean, healthy intact skin only. If your skin is irritated, red, or has any breaks, you should not use an external catheter without clear direction and specific instructions from your healthcare provider.

The information above is for educational purposes only. It is not intended to be a substitute for professional medical advice or to be relied on instead of such advice. Please consult your healthcare provider to determine the appropriate course of treatment in any situation involving catheters and catheterizations.



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