

Self-Catheterization Instructions for Men

1. Wash your hands well with soap and water.
2. Collect your supplies, including your catheter (open and ready to be used), towelette, lubricant, and a container to collect the urine if you are not planning to sit on the toilet.
3. You may use clean disposable gloves if you prefer not to use your bare hands. The gloves do not need to be sterile unless your doctor says so.
4. Move back the foreskin of your penis if you are uncircumcised.
5. Wash the tip of your penis with Betadine (an antiseptic cleaner), a towelette, soap and water, or baby wipes the way your doctor or nurse showed you.
6. If not pre-lubricated, apply sterile lubricant to the tip and top 2 inches of the catheter.
7. With one hand, hold your penis straight out.
8. With your other hand, insert the catheter using firm, gentle pressure. Do not force it. Start over if it is not going in well. Try to relax and breathe deeply.
9. Once the catheter is in, urine will start to flow.
10. After urine starts to flow, gently push in the catheter about 2 more inches, or to the "Y" connector.
(Younger boys will push in the catheter only about 1 inch more at this point.)
11. Let the urine drain into the toilet or special container.
12. When urine stops, slowly remove the catheter. Pinch the end closed to avoid getting wet.
13. Wash the end of your penis with a clean cloth or baby wipe. Make sure the foreskin is back in place if you are uncircumcised.
14. If you are using a container to collect urine, empty it into the toilet.
15. Wash your hands with soap and water

**Supplies used other than catheters and lubricant are optional and insurance may or may not reimburse for them due to medical necessity. QUALIFICATION GUIDELINES APPLY.

Self-Catheterization for Male



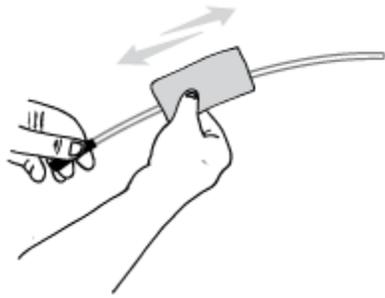
Step 1

Always wash your hands with soap and water. Antiseptic wipes may be used when water and soap are unavailable. With water and soap, clean the opening to the urethra and its surroundings.



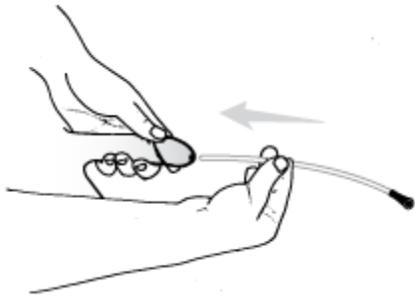
Step 2

Open catheter packaging



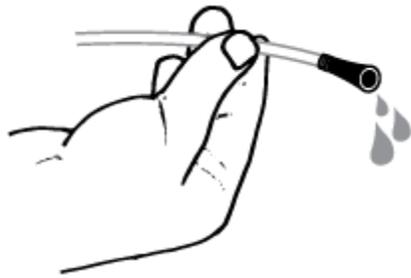
Step 3

Lubricate the tip and the first 2" of the catheter using a water soluble lubricant.



Step 4

Hold the penis in a horizontal position from your body and gently insert the catheter into the urethra until a steady flow of urine is obtained. Allow the urine to flow into a toilet or container.



Step 5

Once bladder is completely empty, gently and slowly remove catheter from the bladder. Wipe your self and throw away the used catheter.

PLEASE NOTE: Contact your primary care physician if you present any of the following symptom: Pain or discomfort when cathing, blood in urine, nausea or vomiting, fever, an absence of urine for more then 6 hours, feeling an urgency or a frequency of urination, or inability to insert catheter through to your bladder.