

## Catheterization Instructions for Women

1. Wash your hands well with soap and water.
2. Collect your supplies: catheter (open and ready to use), towelette, lubricant, and a container to collect 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. With one hand, gently pull the labia open, and find the urinary opening.
5. You can use a mirror to help you at first.
6. With your other hand, wash your labia from front to back, up and down the middle, and on both sides. Use a fresh antiseptic towelette or baby wipe each time. Or, you may use cotton balls with mild soap and water. Rinse well and dry if you use soap and water.
7. If not pre-lubricated, apply sterile lubricant to the tip and tube of the catheter.
8. While you continue to hold your labia with your first hand, use your other hand to slide the catheter gently up into your urethra until urine starts to flow. Do not force the catheter. 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 1 to 2 more inches.
11. Let the urine flow into the toilet or container.
12. When urine stops flowing, slowly remove the catheter. Pinch the end closed to avoid getting wet.
13. Wipe around your urinary opening and labia again with a towelette, baby wipe, or cotton ball.
14. Wash your hands with soap and water when finished.

\*\*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 Women



### 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.

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### Step 2

Open catheter packaging

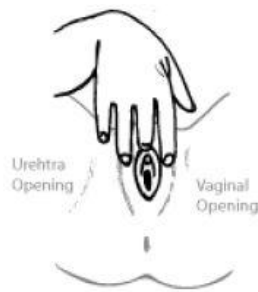
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### Step 3

Lubricate the tip and the tube of the catheter using water soluble lubricant.

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### Step 4

With the help of a mirror or by feel, identify your clitoris, urinary opening, and vaginal opening.

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## Step 5

With the opposite hand, gently spread the inner labia with the other hand, hold the catheter like a pencil and insert tip of catheter into the urethra. Release the inner labia and slowly insert the catheter to the urethra for approximately 1-1.5" deep until the urine begins to flow.



## Step 6

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.