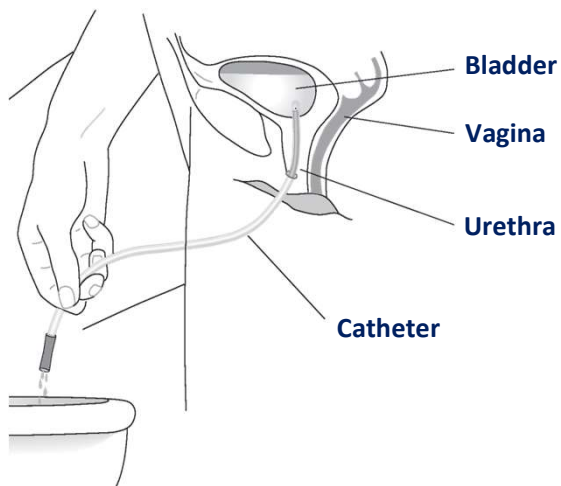


# Female Catheter Use & Care

## What is Catheterization?

Intermittent self-catheterization is a simple procedure that empties urine from the bladder. If the bladder cannot be emptied through normal urination, it can be done by inserting a thin tube through the urethra into the bladder. This can be performed at home, at work or when traveling, such that your quality of life is not restricted. The guide is meant to support you as you learn this process. Consult your clinician with any questions.



## Performing Catheterization?

Gather your supplies. Wash your hands with soap and water. Avoid touching the tip of the catheter with your fingers and be careful to not touch other surfaces. Relax and take your time!

### Step 1

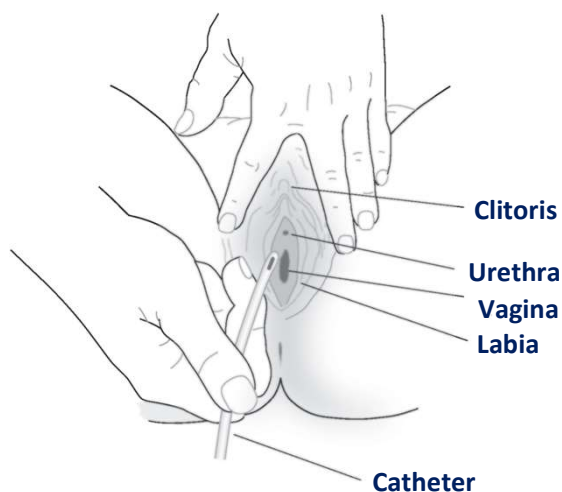
Wash your labia (from front to back) with soap and water or cleansing wipes, if preferred. You can catheterize in a variety of positions. You will find the position that is best suited for you.

### Step 2

Carefully open the package. Whether you are using a standard catheter or a water activated (hydrophilic) catheter, follow your provider and manufacturer instructions for use. For hydrophilic catheters, be sure to burst the sterile water packet before opening the package.

### Step 3

Using the pointer and middle fingers of your non-dominant hand, spread apart your labia to reveal the urethra. This is where you will insert the catheter. Using your dominant hand, gently and slowly slide the catheter into the urethra. Do not use force. If needed, you can cough or gently “bear down” to expose the urethra if not easily visible.



### Step 4

As you slowly advance the catheter into your urethra, urine will begin to flow. Insert the catheter another inch if possible. Allow the urine to drain into the toilet or collection container.

### Step 5

When urine flow stops, slowly remove the catheter. If urine flow resumes, pause until this is complete to allow all the urine to drain out. Pinch the end of the catheter to contain any urine within the tube, then fully remove from your body. Dispose of used catheters in the waste receptacle. Do not attempt to flush the catheter down the toilet! Wash your hands when finished.

**Important:** These are general instructions and may not apply to your condition. Please call your clinician immediately if you have:

- Persistent bleeding
- Fever or signs of infection
- Are unable to pass the catheter