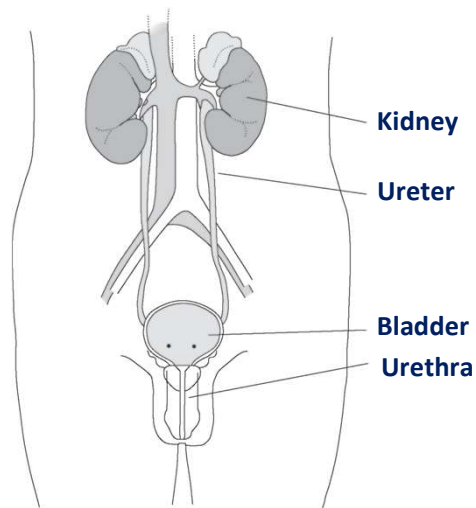


Male Catheter Use & Care

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 the tip of your penis before catheterizing. If you are uncircumcised, gently pull the foreskin back and cleanse. You can catheterize in a variety of positions. You will find the position that is best suited for you.

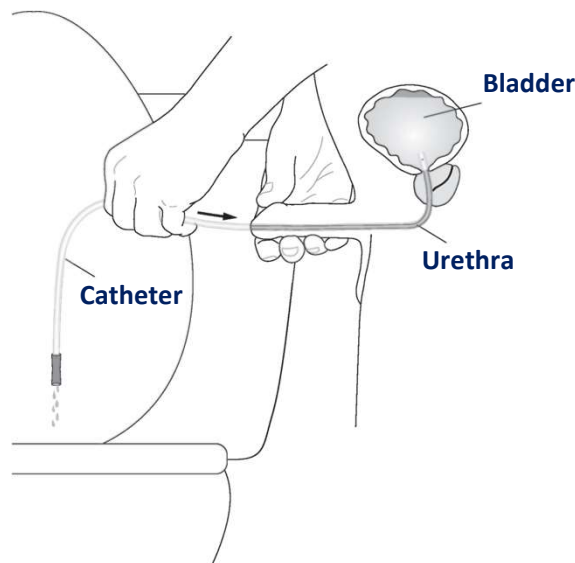
Step 2

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

Hold the catheter in your dominant hand and the shaft of your penis in your non-dominant hand. Hold your penis up towards your stomach and gently pass the tip of the catheter into your urethra.

Note, if using a coude tip catheter, ensure the "curve" or "marking line" is facing up.



Step 4

Slowly advance the catheter into your urethra until urine begins to flow. If you meet resistance, try taking a deep breath, coughing or passing urine, as this can help ease insertion. When urine begins to flow, point your penis down 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