



# External (Condom) Catheter for Men

**This handout explains how men can use an external (condom) catheter.**

If a man is not able to control the flow of urine from his bladder, an external (condom) catheter with a drainage bag can be used to collect the urine.

### **Steps:**

1. Gather the supplies you will need:
  - External (condom) Catheter. These catheters come in a variety of sizes and types. You should use:  
Size: \_\_\_\_\_ Brand: \_\_\_\_\_
  - Foam tape (if you plan to use it)
  - Assembled leg or overnight bag (see handout on leg bags)
  - Soap, water, washcloth, towel
2. Empty your bladder by pressing down on your abdomen over your bladder (Credé).
3. Gently remove and discard your old condom.
4. Wash your hands with warm water and soap.
5. Wash your penis and the area around it with soap and water. Rinse and dry thoroughly. If you are not circumcised, be sure to retract your foreskin to clean under it. Pull your foreskin back up over the glans after washing and drying.

## Questions?

Call 206-598-4295

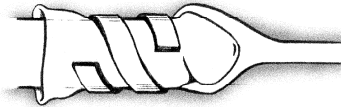
Your questions are important. Call your doctor or health care provider if you have questions or concerns.

Rehab Medicine Clinic:  
206-598-4295

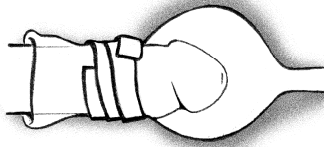
6. Check your penis for any redness or open areas. If you see redness or an open area, call your health care provider for advice. Try to allow your penis to air dry for at least ½ to 1 hour before putting on a new condom.
7. Place the condom so that there is ½ inch between the end of the condom and the tip of your penis. Unroll the condom onto your penis until the condom is unrolled or your penis is covered.

### *If you are using a foam strap:*

Spiral foam strap like this:



**Do not** overlap foam strap like this:



8. Remove the paper backing from the sticky side of the gray foam strap and wrap it around the shaft of your penis. Avoid overlapping the strap as this could cause it to become too tight.
9. Attach the condom to the leg bag or overnight bag. Be careful not to twist the condom. Put the tubing along your upper inner thigh so that it drains well. Check for any kinks in the tubing. Tape tubing to your leg to prevent pulling condom off during transfers.

### *If you are using a self adhesive catheter:*

10. Press condom firmly around your penis being careful to make the seal secure so that urine does not leak out around the top. Then follow step #9 above.

UNIVERSITY OF WASHINGTON  
**MEDICAL CENTER**  
UW Medicine

**Rehabilitation Nursing**

Box 356071

1959 N.E. Pacific St., Seattle, WA 98195  
206-598-4590