



Self-Catheterization for Men

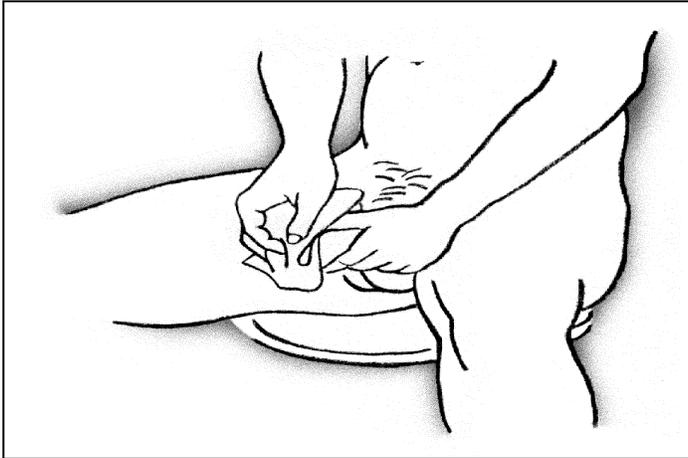
How to catheterize yourself using the clean technique

This handout gives step-by-step instructions for men to put in a catheter using the clean technique.

Catheterize yourself every 4 to 6 hours to keep your bladder volumes at about 12 to 13 ounces (about 1½ cups). This is the best volume for keeping your bladder and kidneys healthy.

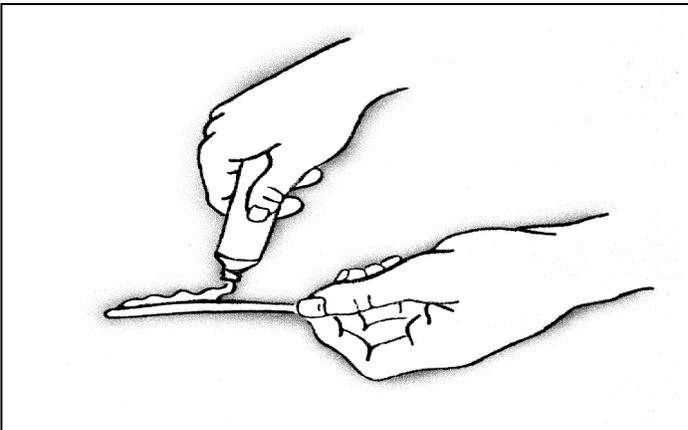
Steps

1. Gather the supplies you will need:
 - Baby wipes that contain disinfectant, towelettes, or a clean, soapy washcloth and a clean, wet washcloth for rinsing
 - A clean, dry towel
 - A container for your urine if you are not using the toilet
 - A water-soluble lubricant, such as K-Y Jelly
 - A catheter (#14 French or a catheter in your size)
You may use a *coudè* (a narrow tip or elbow-shaped catheter) if you were told to do so by your doctor or nurse.
2. Wash your hands with warm water and soap for at least 30 seconds. You may use hand sanitizer if your hands are already clean. Do **not** use only hand sanitizer if your hands are soiled. Use soap and water instead. Let your hands dry completely before you start to insert the catheter.
3. Sit, stand, or lie down in a way that works for you. If you are in bed, place a towel under your hips to protect the bedding.



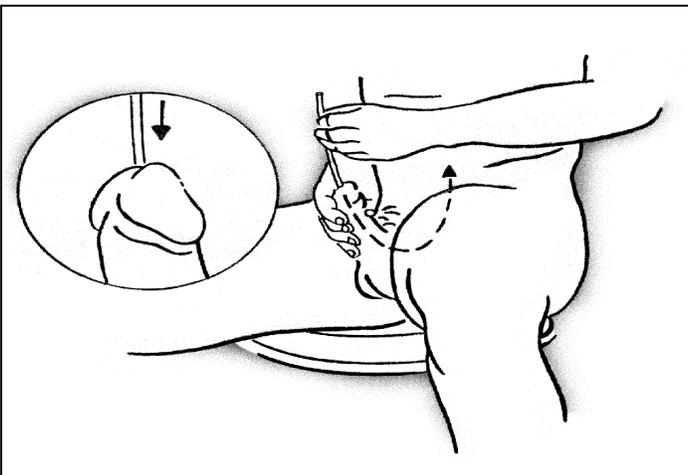
Step 4

4. Wash the tip of your penis with a towelette or soapy washcloth. Rinse with a wet washcloth if you are using soap.



Step 5

5. Apply the water-soluble lubricant to the end of the catheter you will insert. Lubricate about 2 inches of the catheter end. If you lubricate more than this, you may have trouble holding the catheter firmly as you insert it. Never use petroleum jelly (such as Vaseline) as a lubricant.

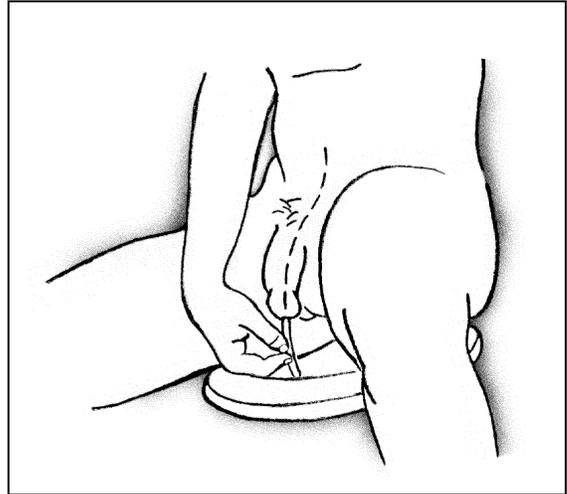


Steps 6 and 7

6. Use the hand you do not write with to hold the shaft of your penis straight and upward. This makes catheter insertion easier.
7. Hold the catheter in your other hand and insert it into your urinary opening. Go in about 8 to 10 inches, into your bladder. When you reach your bladder, urine will flow easily. Then gently push the catheter 1 inch more, so that your bladder does not contract and push the catheter out.

IMPORTANT: If you feel some resistance partway in, do **not** try to push through it. Pause, holding the catheter in place, and relax by breathing slowly and deeply. After about a minute, try to gently advance the catheter. If you cannot insert it further, remove it and try again in about 30 minutes. If you still have difficulty, stop the procedure and call your health care provider. **Never force a catheter**, as this can cause trauma and bleeding.

8. When urine starts to flow, let your penis return to its normal position. Hold the catheter in place until your bladder has drained. When the urine flow begins to slow down, slowly withdraw the catheter. As you do this, you may have more urine flow as pockets of urine are drained.
9. Remove the catheter. Wash it in warm, soapy water, and rinse it **thoroughly**. Then air-dry it and store it in a clean, dry paper or cloth towel or a re-sealable plastic bag until you need it again.
 - Throw the catheter away if it becomes hard to clean, shows signs of cracking, or if you have been told to use a new catheter each time.
 - If you use a red rubber catheter, you will clean your catheters in a different way, or rinse and save them so they can be sterilized again.



Step 8

Using an Extension Tube

You may want to use an extension tube to help direct your urine into the toilet or other container. If you use an extension tube:

- Separate the tube from the catheter then clean the tube just like the catheter (see step 9).
- Throw the tube away when it becomes cloudy, cracked, or sticky.
- Store the tube in the same place as your catheter.

Questions?

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

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When to Call Your Nurse or Doctor

Watch your urine for changes. Call your nurse or doctor if your urine:

- Changes color
- Smells different
- Is cloudy
- Has sediment in it

Also call your nurse or doctor if you have:

- Bleeding
- Back or stomach pain and a fever
- Trouble passing the catheter or increased discomfort when you pass the catheter

Text and illustrations adapted from: Webber-Jones, J.E. (1991). *Performing clean, intermittent self-catheterization*. Nursing 91, August, 56-59.

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