

It is very important for you to stay on your catheterization schedule.

Self-Catheterization for Males

Your physician ordered self-catheterization because you are having difficulty urinating or fully emptying your bladder on your own. This can be caused by injury, disease, infection or other conditions. Self-catheterization means placing a clean, flexible tube (catheter) through the penis and into the bladder to drain urine. Your healthcare clinician showed you how to self-catheterize. This handout reviews those instructions so you can self-catheterize at home.

Drain your bladder with the catheter every _____ hours.

Supplies

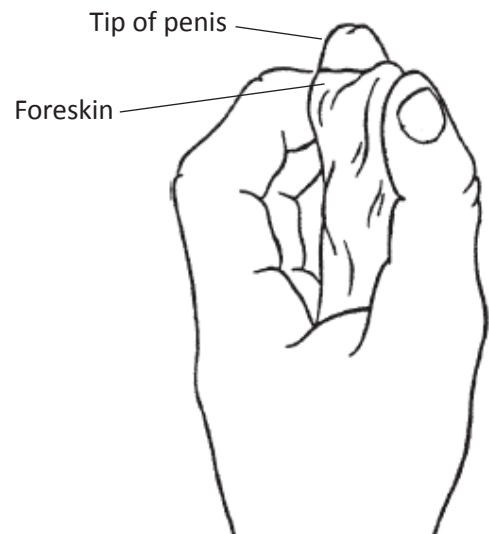
- Soap and water or a moist towelette
- Catheter
- Water-soluble lubricating jelly (not petroleum jelly)
- Toilet or basin

You need a physician's prescription to buy catheters. You can buy them at any medical supply store. Please note: Hydrophilic catheters have a special coating that makes them smooth and slippery when wet. If you are using a hydrophilic or pre-lubricated catheter, you do not need to lubricate it.

Preparation

1. Wash your hands with soap and warm water, an antiseptic towelette or waterless hand cleaner. Dry with a clean towel.
2. Wash your penis with soap and warm water and dry with a clean towel (or you can use a moist towelette). If you are uncircumcised, pull back the foreskin before washing (Figure 1).
3. Use a water-soluble lubricating jelly to lubricate 4 to 6 inches of the tip of the catheter (if the catheter is not hydrophilic or pre-lubricated).

Figure 1. Retracting the foreskin

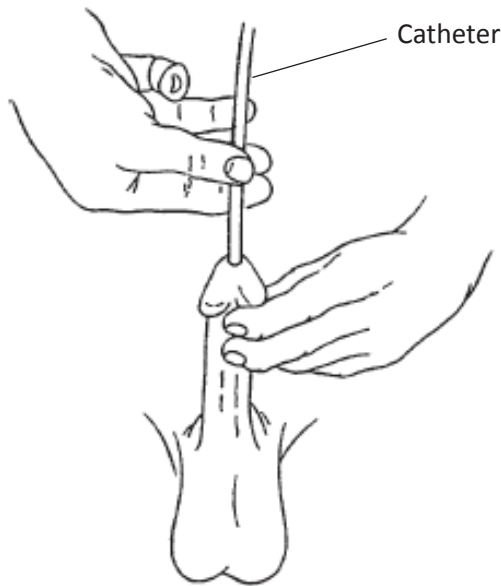


Emptying your bladder

Empty your bladder over a toilet or basin.

1. Hold the tip of your penis with your penis pointed towards the ceiling.
2. Slowly insert the tip of the catheter into your penis about 6 to 8 inches or until you see urine in the catheter (Figure 2).
 - a. If you feel resistance, apply firm, steady pressure. This will relax the sphincter and allow the catheter to advance. You can also cough or take slow deep breaths to relax the sphincter.
 - b. If you feel sharp pain, remove the catheter and try inserting the catheter again.

Figure 2. Inserting the catheter



3. After urine starts to flow, place the other end of the catheter over the toilet or basin.
4. Advance the catheter 1 to 2 more inches.
5. Slightly lower your penis with the tip of your penis pointed towards the toilet or basin.
6. When the urine stops flowing, slowly remove the catheter.
7. Throw the catheter in the trash after you use it.
8. Wash your hands when you are done.

Follow-up care

Make a follow-up appointment as directed by your healthcare clinician.

When to call your healthcare clinician

Call your healthcare clinician right away if:

- You cannot insert the catheter because of resistance.
- You feel bladder pressure even after inserting and draining urine from your bladder.
- You have any of the following symptoms:
 - A temperature of 100.4 degrees F (38.0 degrees C) or higher, or as directed by your healthcare clinician
 - Chills
 - Burning in your urinary tract, penis or pubic area
 - Nausea or vomiting
 - Aching in your lower back
 - Cloudy or foul-smelling urine
 - Specks (sediment) or mucus in the urine
 - Bloody (pink or red) urine

For more information

This video will show you how to insert a catheter.

Step by Step: Inserting a Disposable Catheter (Man)-Video

To view the video, go to bit.ly/2zzqzrL

or scan this QR code with your smartphone:

