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schedule.*

## Intermittent Self-Catheterization – Male

Your doctor has ordered intermittent self-catheterization. A catheter is a flexible hollow tube that you insert into your bladder to drain your urine. It is very important for you to catheterize yourself on schedule and use a new catheter each time. This helps prevent a urinary tract infection and loss of bladder control (incontinence).

**You are to drain your bladder with the catheter every \_\_\_\_\_ hours.**

### Supplies

A doctor's prescription is needed to purchase catheters. You can buy them at any medical supply store. For self-catheterization you will need:

- Catheter
- Water-soluble lubricant, such as K-Y® jelly. (Do **not** use Vaseline®.)

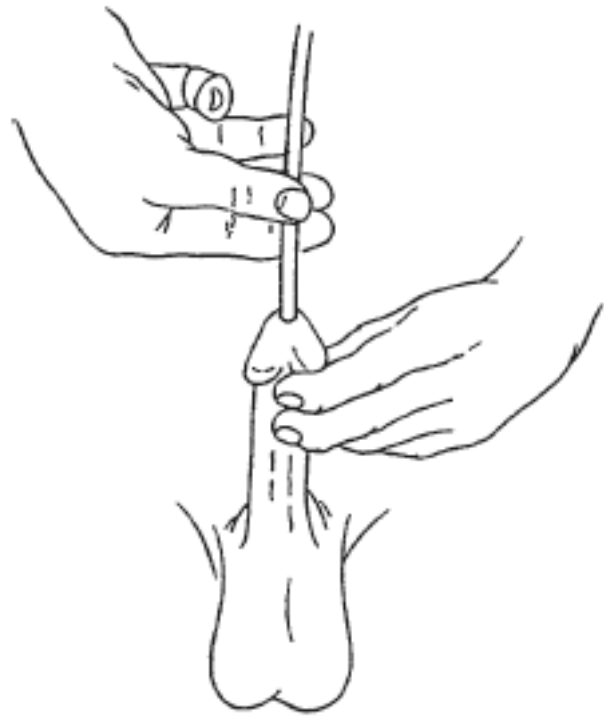
### Preparation and Procedure

1. Wash your hands with soap and water, a towelette or waterless hand cleaner.
2. Apply water-soluble lubricant along 2 inches of the catheter, starting at the tip.
3. Retract the foreskin of your penis, if uncircumcised (see Figure 1).
4. Wash the area around the urinary opening (urethral orifice) with soap and water or moist towelettes, such as baby wipes.
5. Hold your penis erect, stretching it taut (see Figure 2).
6. Insert the lubricated catheter, using firm but gentle pressure (see Figure 2). After urine starts to flow, insert the catheter about 2 more inches. When the urine flow stops, begin to slowly remove the catheter. Stop whenever urine flows and allow it to drain. Then, continue to remove the catheter.

**Figure 1**



**Figure 2**



7. Pinch the catheter just before removing it completely to avoid soiling yourself with urine.
8. If the foreskin is retracted, pull it back in place. Wipe any lubricant off your penis.
9. Wash your hands with soap and water, a towelette or waterless hand cleaner.

### **Helpful Hints**

- If you cannot easily insert the catheter and you become nervous, stop and take a deep breath. Then start over. It is normal to have difficulty the first few times.
- Don't force the catheter at any time.
- Ask your doctor how much water or other fluids you should drink each day.
- Always carry antiseptic towelettes to clean your hands in case water is not available.

### **When to Call Your Doctor**

Your doctor may prescribe an antibiotic to reduce the risk of infection. If you notice any of the following, contact your doctor as soon as possible.

- Unusually cloudy, foul-smelling or blood-tinged urine
- Penile pain
- Fever higher than 101.5° F
- Chills
- Leaking urine in between catheterizations

## Special Instructions

You are to catheterize after every void:  yes  no

Contact Person: \_\_\_\_\_

Phone Number: \_\_\_\_\_

### Northwestern Medicine – Health Information Resources

For more information, contact Northwestern Memorial Hospital’s Alberto Culver Health Learning Center (HLC) at [hlc@nm.org](mailto:hlc@nm.org), or by calling 312.926.5465. Health information professionals can help you find the information you need and provide you with personal support at no charge.

For more information about Northwestern Medicine, please visit our website at [nm.org](http://nm.org).

*Para asistencia en español, por favor llamar al Departamento de Representantes para Pacientes al 312.926.3112.*

The entities that come together as Northwestern Medicine are committed to representing the communities we serve, fostering a culture of inclusion, delivering culturally competent care, providing access to treatment and programs in a nondiscriminatory manner and eliminating healthcare disparities. For questions, please call either Northwestern Memorial Hospital’s Patient Representatives Department at 312.926.3112, TDD/TTY 312.926.6363 or the Northwestern Medical Group Patient Representatives Department at 312.695.1100, TDD/TTY 312.926.6363.

Developed by: NMH Center for Urology and Urology Nursing