

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

Intermittent Self-Catheterization for Males

Your physician 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 stay on your catheterization schedule and use a new catheter each time. This helps prevent a urinary tract infection and loss of bladder control (incontinence).

Drain your bladder with the catheter every _____ hours.

Supplies

A physician's prescription is needed to purchase catheters. You can buy them at any medical supply store. You will need:

- Prescribed catheter
- Water-soluble lubricant, such as K-Y® Jelly. (Do **not** use Vaseline®.)

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, lubricant is not needed.

Preparation and procedure

1. Wash your hands with soap and water, an antiseptic towelette or waterless hand cleaner.
2. Apply water-soluble lubricant along 2 inches of the catheter, starting at the tip. If you are using a hydrophilic or pre-lubricated catheter, lubricant is not needed.
3. Retract the foreskin of your penis, if you are uncircumcised (Figure 1 on the next page).
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 (Figure 2 on the next page).
6. Insert the lubricated catheter, using firm but gentle pressure. 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. Allow the catheter to drain. Then, continue to remove the catheter.
7. Pinch the catheter just before removing it completely to avoid urine leaking from the tube.

Figure 1. Retracting the foreskin

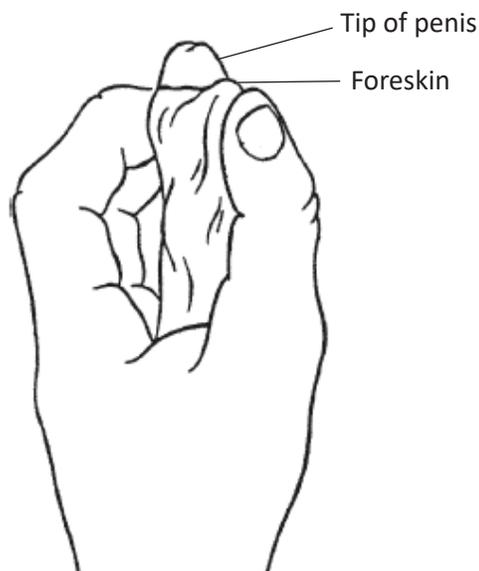
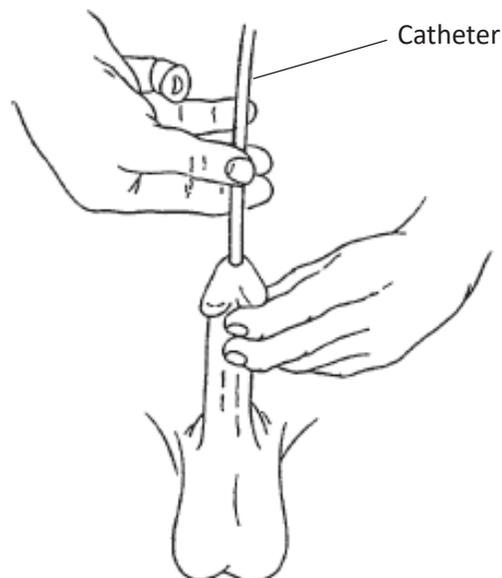


Figure 2. Inserting the catheter



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, an antiseptic 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.
- Do not force the catheter at any time.
- Ask your physician 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 physician

Your physician may prescribe an antibiotic to reduce your risk of infection. Call your physician as soon as possible if you notice any of these symptoms:

- Unusually cloudy, foul-smelling or blood-tinged urine
- Pain in your penis
- A temperature more than 101.5 degrees F
- Chills
- Leaking urine in between catheterizations

Special instructions

Your physician or advanced practice nurse will let you know if you should self-catheterize after you void (urinate).

Your physician or advanced practice nurse: _____

Phone: _____