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## **Male Self-Catheterization Instructions**

Catheterization is a way to empty all of the urine from your bladder. This keeps urine from sitting in your bladder. If urine sits in your bladder too long, it can cause a bladder or kidney infection. This is also called self cath.

### **Instructions**

- Catheter - clear or red rubber tube.
- Water-soluble lubricant such as K-Y jelly or Surgilube. Do not use Vaseline.
- Urine container if needed. Use any jug, bottle or urinal which can attach to the side of a bed, chair, or wheelchair, or can be held between your knees or can stand in front of the sink.

### **Steps to Follow**

1. You may catheterize yourself while sitting on the toilet, in a wheelchair, in bed or while standing.
2. Wash your hands well with soap and water or use an alcohol based hand sanitizer.
3. Take the catheter out of the plastic bag. Put a small amount of lubricant on the tip of the catheter. Cover the tip and about 2 inches up the catheter.
4. In one hand, hold the catheter about 1 inch from the lubricated tip.
5. With the other hand, hold your penis away from your body.
6. Gently put the catheter into the urinary opening (urethra).
7. About 6 inches into the urethra there is a ring of muscle tissue that the catheter must pass through. At this point it may be a little harder to pass the catheter. Take a deep breath and gently apply steady pressure. The catheter should pass into the bladder. Never use force to pass the catheter.
8. Continue to put the catheter in until urine flows out. Then insert it another 1 to 2 inches. Let the urine flow into the urine container or into the toilet. An extension tube attached to the end of your catheter will give you the extra tubing needed to reach the toilet from a wheelchair.
10. When urine stops flowing, take deep breaths or press on your lower abdomen.
11. Slowly pull the catheter out. Stop pulling the catheter out any time urine starts to flow. Again, take some deep breaths or press on your lower abdomen. Repeat this step until the urine completely stops.

### **Catheter Care**

1. Lather up your hands and wash the catheter by rubbing it between your soapy hands.
2. Rinse well with water inside and out.
3. Dry with a clean towel or tissue.
4. Lay catheter on a clean towel so the inside can air dry.
5. Store the catheter in a clean plastic bag like a zip lock bag with a paper towel around it to help it dry.
6. Catheters may be reused until they become brittle, show wear, crack, or do not drain well.

### **When to call your doctor**

Call your doctor if you have any of these signs of infection:

- Cloudy or foul smelling urine
- Chills and / or fever
- Increased muscle or bladder spasms (pain)