How To Use A Closed System Catheter



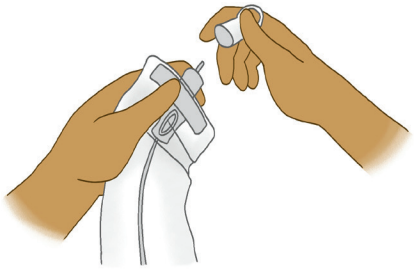
WASH HANDS

1. Get your supplies ready and place near you.
2. Wash your hands with soap and water. Pull down your pants and underwear.



WASH

3. Wash around urethral opening from front to back with warm, soapy water.



ADVANCE

4. Remove the cap from the introducer tip.
5. Hold the protective guide with your left hand and use your right hand to advance the catheter halfway into the insertion tip.

TIP:
Betadine swabsticks or benzalkonium wipes work well, too!



INSERT

6. Find the urethra with your finger. Guide the insertion tip into the urethra.
7. With your left hand holding the penis up at an angle, use your right hand to hold the plastic guide.
8. With your left hand on the plastic guide, use your right hand to grasp the catheter through the bag about an inch below the guide, and then advance the catheter into the urethra with slow and steady movements. If you have trouble inserting, relax and take a deep breath then try again. Do not force.
9. When the urine begins to come out, insert the catheter a little more.
10. When the urine stops, slowly take out the catheter. The filled bag may be closed by placing the cap back on the introducer tip. You can empty the bag by removing the introducer tip or by using the tear tab (if it has one) and discarding into a toilet.



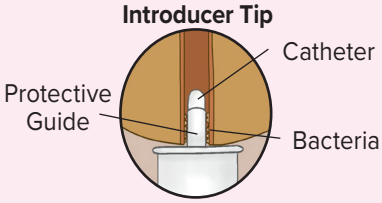
THROW AWAY & WASH HANDS

11. Throw the catheter away and wash your hands.



WHAT IS AN INTRODUCER TIP?

Most closed systems have an introducer tip. It helps the catheter get past the highest concentrations of bacteria in the first few millimeters of the urethra. Studies show using a catheter with an introducer tip reduces the risk of urinary tract infections.



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This is intended to provide a general understanding of self-catheterization. It should not be used in place of a visit, call, or consultation with a physician or health care provider.