How to use a straight catheter



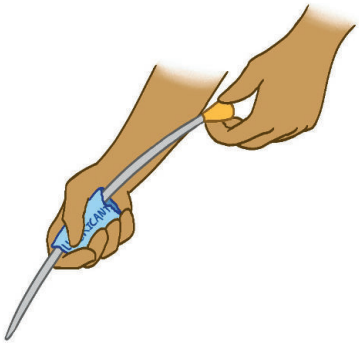
WASH HANDS

1. Get your supplies ready and place near you. Do not open catheter package.
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.



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

LUBRICATE

4. Take catheter out of package. Put lubricant on the first two inches of the catheter.



INSERT

5. Insert the catheter slowly into your urethra. If you have trouble inserting, relax and take a deep breath then try again. Do not force.
6. When the urine begins to come out, insert the catheter a little more. Let the urine go into a toilet or container.
7. When the urine stops, slowly take out the catheter.



THROW AWAY & WASH HANDS

8. Throw the catheter away and wash your hands.



WAYS TO LUBRICATE A CATHETER:

- Tear off both ends of lubricant packet and slide catheter back and forth through packet.
- Tear off top of packet (or use tube of lubricant) and squeeze lubricant all along catheter.

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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.