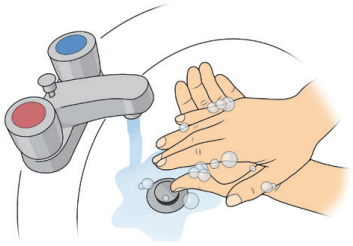
How To Use a Straight Catheter

Self-Catheterization for Women

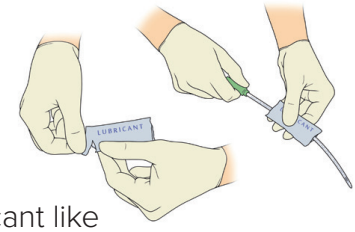
Step 1 Get all of your supplies ready and place near you.

Step 2 Wash your hands, or put on gloves.



Step 3 Wash around urethral opening with warm, antibacterial soapy water from front to back or, if available, disinfect using betadine swabsticks or benzalkonium wipes.

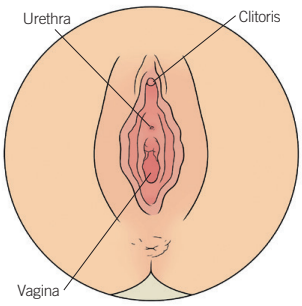
Step 4 Take catheter out of package. Lubricate the catheter with a water-soluble lubricant like Aplicare® Lubricating Jelly.



Step 5 Sit on the toilet, stand over the toilet, or sit on a chair.

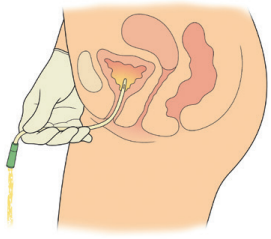


Step 6 Use your fingers to spread apart the folds of skin (labia) covering your urinary opening (urethra). Find the urinary opening with your finger. At first, it may be helpful to use a mirror.



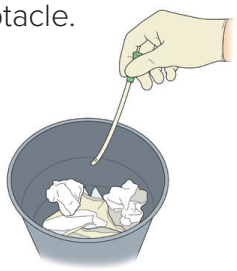
Step 7 Insert the catheter slowly into the urethra. If there is resistance when the catheter reaches the sphincter muscle, take a deep breath and gently apply steady pressure. Do not force the catheter.





Step 8 When the urine begins to flow. insert the catheter another inch. Allow the urine to flow into a toilet or receptacle.

Step 9 When the flow of urine stops slowly remove the catheter.



Step 10 Throw catheter away.

Different 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.

For videos and more instructional resources, visit **www.howtocath.com.**

The information on this flyer should not be used in place of a visit, call, or consultation with a physician or other health care provider.

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