How To Use a Closed System Catheter

Self-Catheterization for Men

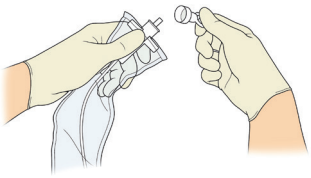
Step 1 Get all of your supplies ready and place near you.

Step 2 Wash your hands, or put on gloves.

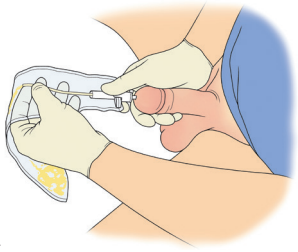


Step 3 Wash around the tip of your penis with warm, antibacterial soapy water or, if available, use betadine swabsticks or benzalkonium wipes in a circular motion around urethral opening.

Step 4 Remove the cap from the introducer tip and advance the catheter by sliding it about halfway into the insertion tip.

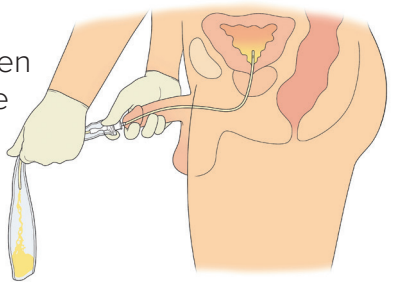


Step 5 With non-dominant hand holding the penis, use dominant hand to grasp the plastic guide and insert the introducer tip into the urethra.



Step 6 Move your non-dominant hand up so it holds both the tip of penis and plastic guide, and use your other hand to grasp the catheter through the bag approximately one inch below the guide, then push the catheter into the urethra with slow, steady movements.

Step 7 Insert the catheter slowly into your 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, advance the catheter another inch.

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

Step 10 The filled bag may be closed by placing the cap back on the introducer tip. If you would like to empty the bag, either pull off the introducer tip or use the tear tab (if applicable) and pour out into a toilet or receptacle.



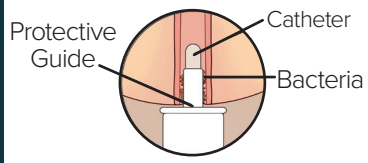
Step 11 Throw catheter system away.

What is an introducer tip?

Some closed system catheters have a special protective guide called an introducer tip. This slides into the urethra first, allowing the catheter itself to bypass the highest concentrations of bacteria in the first few millimeters of the urethra.

Some studies have shown that this feature may help lower the chance of getting a urinary tract infection.

Introducer Tip



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.

Phone (877) 688-2729 | Fax (888) 718-0633 | www.180medical.com |

© 2024 180 Medical. All rights reserved.