*Cure Medical **donates 10% of net income** to medical research in pursuit of a cure for spinal cord injuries and central nervous system disorders. For information on scientific advancements, visit www.curemedical.com. For information on Cure Medical catheters, contact your distributor of quality healthcare products.*



Instruction Guide to Clean Self-Intermittent Catheterization For Men Using the Extra Long, Cure Medical® Pocket Catheter

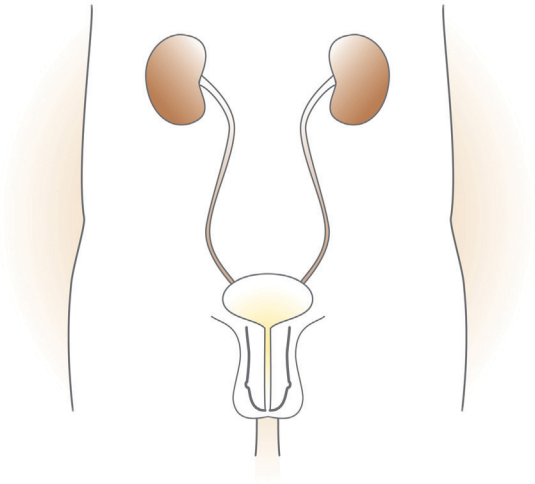
This educational material is provided by Cure Medical in an effort to answer questions and address possible concerns about the intermittent catheterization process. By following the simple steps for clean self-intermittent catheterization, it is possible to quickly master the technique and make the process part of your daily routine for bladder management and urinary tract health.

Cure Medical wishes to thank Anne Boisclair-Fahey, DNP, RN, CPNP for writing this educational material. She is a nurse practitioner in pediatric urology at the University of Minnesota.

This instruction guide is not a substitute for medical advice from your healthcare provider.

The Urinary System

The urinary system contains two kidneys, two ureters, the bladder and the urethra. The kidneys filter the blood and produce urine. The urine travels from the kidneys down the ureters and into the bladder, where it is stored until emptied during urination or catheterization. The urethra is the tube that empties the urine out of the body.



When the bladder is full, the brain sends a signal down the spinal cord to the bladder, causing it to empty. For people with spinal cord issues, the signal from the bladder to the brain gets interrupted, making them unable to empty their bladder.

When people are unable to empty their bladder on their own, they are at risk for urinary tract infections, as well as incontinence or involuntary loss of urine. When urine stays in the bladder and is not emptied, bacteria can grow, causing infections which can lead to illness. Research has shown that self-intermittent catheterization helps reduce urinary tract infections, control urinary leakage (incontinence) and prevent urinary tract damage.

Introduction to Self- Intermittent Catheterization

Intermittent catheterization is the periodic emptying of the bladder by the insertion of a hollow plastic tube (catheter) into the urethra, past the sphincter muscles and into the bladder. Urine then passes out of the bladder through the catheter.

Intermittent catheterization is used when a person is unable to empty his bladder. Medical conditions that often require intermittent catheterization include spinal cord injuries, spina bifida and multiple sclerosis, to name a few.

Intermittent catheterization must be done at regular intervals each day to keep the bladder healthy.

Your healthcare provider has recommended clean self-intermittent catheterization to help empty your bladder and keep your urinary system healthy.

How Often Should I Catheterize?

Your healthcare provider will let you know how often you will need to perform clean self-intermittent catheterization and the size of the catheter you will need. Normally, self-intermittent catheterization is performed every four hours starting when you wake up in the morning and continues every four hours until bedtime. Some people catheterize on a more frequent schedule. Most people who catheterize do not need catheterization at night. Your healthcare provider will let you know if you need catheterization at night.

Where Do I Get Catheters?

You will be taught clean self-intermittent catheterization by your healthcare provider who will decide the size and style of catheter that you will need. Your healthcare provider will provide a prescription for the catheter supplies. The prescription will be sent to a medical supply company that will provide you with the supplies.

Self-Intermittent Catheterization Instructions for Men

Self–intermittent catheterization can be performed in a sitting, standing or lying position. Do what is most comfortable for you – keeping in mind that the extra long (XL) Cure Medical® Pocket Catheter eliminates the need to stand in front of the toilet or transfer from a wheelchair to sit on the toilet. The 25" tube facilitates easy drainage from a variety of positions.

If cathing while lying down, use an underpad. Knees can be straight or bent. If sitting on the toilet, spread your legs apart. Once in position, arrange clothing out of the way.

1. Before you begin, gather the following materials:
   - Cure Medical® Pocket Catheter with water soluble lubricant in sealed packet
   - Something to cleanse the area: soap, water and a washcloth, or unscented disposable wipes
   - A container to collect the urine if not cathing on or near a toilet
   - Hand towel



The Cure Medical® Pocket Catheter features a 25" straight tip catheter with polished eyelets, gripper sleeve, and funnel end. Package includes lubricant.

2. Inspect catheter before use. If catheter or package is damaged, do not use.

3. Wash hands thoroughly with soap and water, or if not available, use an antibacterial hand cleaner.

Self-Intermittent Catheterization Instructions for Men continued

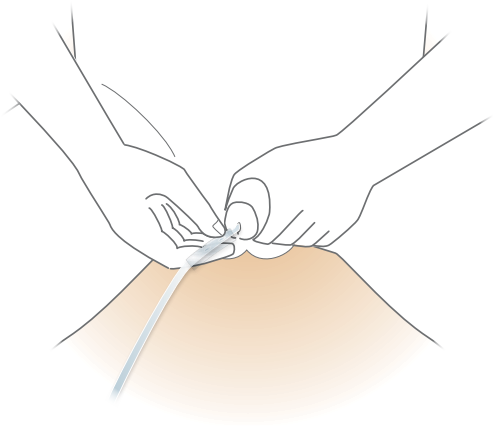
4. Lay out the equipment so it is within easy reach. Open the catheter package but do not touch the catheter. Open the water soluble lubricant packet but do not apply it yet.

5. Hold the penis upright on the sides so that the urethra is not pinched. Retract the foreskin if the penis is uncircumcised. As instructed by your medical provider - wash the glans penis from the urethral opening (tip) to the base of the glans with soap, water and washcloth or unscented disposable wipe. Wash with a circular motion from the tip outward. Do not wash back and forth over the urethral opening. Repeat the washing two more times with different areas of the wash cloth or with a new unscented wipe each time.

6. Remove the catheter from the package. Slide the protective gripper sleeve down the catheter to within 4-6 inches of the insertion tip. The sleeve will help ensure sterility of the catheter during insertion.

7. Apply a liberal amount of supplied lubricant to the tip and first several inches of the catheter.

8. While holding the penis upright with one hand at a 45 to 60-degree angle from the body, slowly insert the lubricated catheter into the penis using your dominant hand (shown). Reposition the plastic sleeve as the catheter is advanced into the penis. Do not pull the catheter in and out when you meet resistance at the urethral sphincters; just apply gentle but firm continuous pressure until the catheter advances into the bladder.



9. Once the catheter has passed one half length of the urethra, lower the penis and slide the catheter the rest of the way into the bladder until urine flows. In most cases, the extra long catheter enables drainage directly into the toilet. Hold it in place until urine stops flowing. Allow the bladder to empty completely.

10. When urine stops flowing, slowly rotate the catheter between your fingers while withdrawing the catheter. If urine starts to flow again when withdrawing the catheter, stop each time it flows and let the urine drain. When the bladder is empty, completely remove the catheter by pinching off the end and pulling it out. This will prevent urine from flowing back into the bladder. If you are uncircumcised, make sure you bring the foreskin back over the glans penis when you are finished.

Your Clean Self-Intermittent Catheterization Specifications:

- Cure Medical® Pocket Catheter size:
  ☐ 14 FR

- Cure Medical® Pocket Catheter tip design:
  ☐ Straight

- Catheterize _____times a day or every_____hours.

- Catheterization required at night: ☐ Yes ☐ No

Healthcare provider contact information:

_____ _____
Name Telephone Number

Healthcare product supplier contact information:

_____ _____
Name Telephone Number