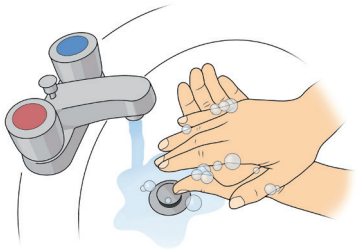
How To Use a Closed System Catheter

Self-Catheterization for Women

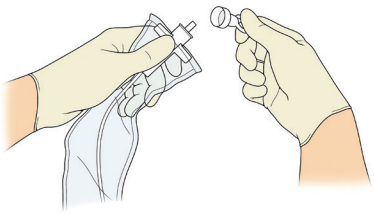
Step 1 Get all of your supplies ready and place near you.



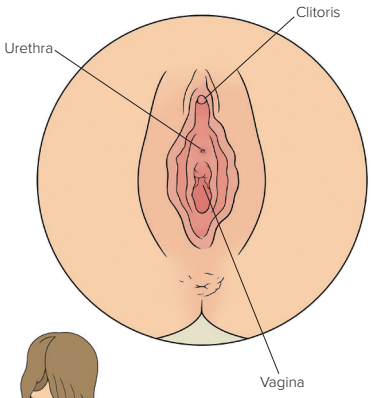
Step 2 Wash your hands, or put on gloves.

Step 3 Sit on the toilet, stand over the toilet, or sit on a chair or wheelchair to start self-catheterization.

Step 4 Wash around urethral opening with warm, antibacterial soapy water from front to back or, if available, disinfect using betadine swabsticks or benzalkonium wipes.



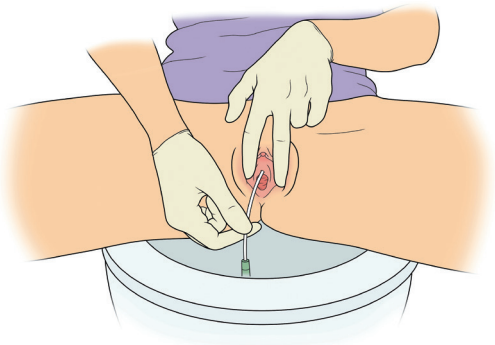
Step 5 Remove the cap from the introducer tip and advance the catheter by sliding it about halfway into the insertion tip.
Note: If using a Bard® Touchless® System, be sure and secure the guide when removing the cap or you may remove the introducer tip.

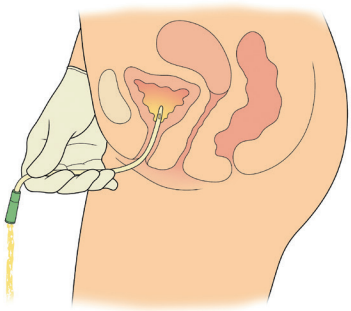


Step 6 Use your fingers to spread apart the folds of skin (labia) covering urinary opening (urethra). Find the urinary opening with your finger. At first, it may be helpful to use a mirror.



Step 7
Insert the catheter slowly into 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, 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.



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 |

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