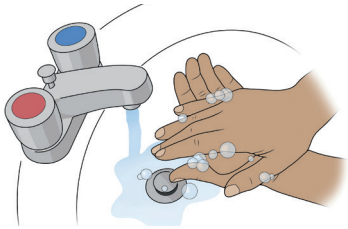
How To Use a Hydrophilic Catheter

Self-Catheterization for Men

Step 1 Get all of your supplies ready and place near you. Do not open catheter package until step 5.

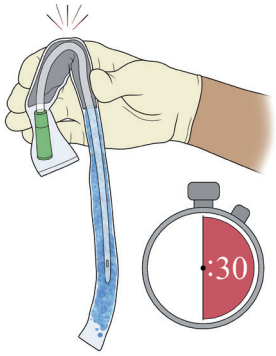


Step 2 Wash your hands, or put on gloves.

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

Step 4 Hydrophilic catheters contain sterile saline solution, which may be present in the package itself or in a foil packet. If the catheter has a packet, you must first release, or burst, the packet in order to activate the hydrophilic properties of the catheter.

To do this, unfold the package and then fold the water packet about half way. Apply pressure with your thumb and forefinger to burst the packet and release the solution. Make sure that all of the solution is released from the foil packet and that it has fully coated the catheter.



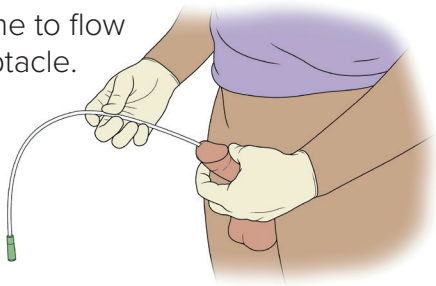
Allow 30 seconds to fully hydrate.

Step 5 Peel open the package to remove catheter.

Step 6 Pull the penis up and hold it at a 45 degree angle from your stomach.

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.

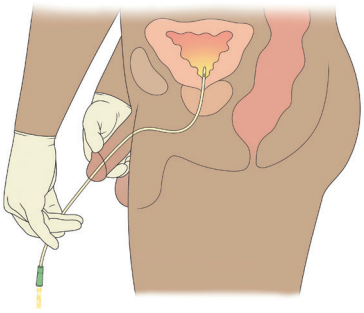
Step 8 When the urine begins to flow, insert the catheter another inch and lower penis. Allow the urine to flow into a toilet or receptacle.



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

Step 10 Throw catheter away.





Different ways to burst a water packet:

- Fold the water packet half way and place on a hard surface. Apply pressure with heel of hand or elbow.
- Fold the water packet half way and place water packet between both palms of hands and apply pressure.

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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