# How To Use a Straight Catheter

## Self-Catheterization for Men

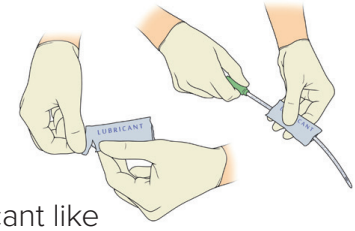
**Step 1** Get all of your supplies ready and place near you.

**Step 2** Wash your hands, or put on gloves.

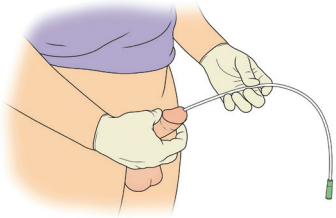


**Step 3** Wash around the tip of your penis with warm, antibacterial soapy water or, if available, disinfect using betadine swabsticks or benzalkonium wipes, wiping with a circular motion around urethral opening.

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

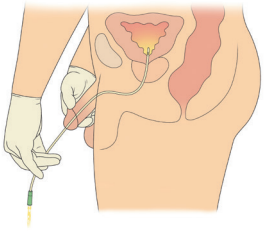



**Step 5** While holding the penis in one hand, use the other hand to hold the catheter. Pull the penis up and hold it at a 45 degree angle from your stomach.



**Step 6** 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 7** 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 8** When the flow of urine stops slowly remove the catheter.



**Step 9** 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.

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