How To Use A Hydrophilic Catheter



WASH HANDS

1. Get your supplies ready and place near you. Do not open catheter package.
2. Wash your hands with soap and water. Pull down your pants and underwear.



WASH

3. Wash around the tip of your penis in a circular motion with warm, soapy water.

TIP:
Betadine swabsticks or benzalkonium wipes work well, too!



Do not open until fully hydrated.

ACTIVATE

4. Hydrophilic catheters have a little packet that makes the catheter slippery. It is either in the package or in a foil packet. If the catheter has a packet, you need to burst the packet to make the catheter slippery. To do this, unfold the package and then fold over the saline packet halfway. Press your thumb and fingers together to burst, or you can try using your elbow on a hard surface. Make sure all of the solution is released. Count to 30 to make sure it is done getting slippery.

   Peel open the package to remove catheter.



INSERT

5. Hold your penis with one hand and use the other hand to hold the catheter. Pull the penis up and hold it at an angle.
6. Insert the catheter slowly into your urethra. If you have trouble inserting, relax and take a deep breath then try again. Do not force.
7. When the urine begins to come out, insert the catheter a little more. Let the urine go into a toilet or container.
8. When the urine stops, slowly take out the catheter.



THROW AWAY & WASH HANDS

9. Throw the catheter away and wash your hands.



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This is intended to provide a general understanding of self-catheterization. It should not be used in place of a visit, call, or consultation with a physician or health care provider.