

# HOW TO USE A STRAIGHT CATHETER



## WASH HANDS

- 1 Get your supplies ready and place near you.
- 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!



## LUBRICATE

- 4 Take catheter out of package. Put lubricant on the first two inches of the 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.

## 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.

## THROW AWAY & WASH HANDS

- 9 Throw the catheter away and wash your hands.

