

HOW TO USE A CLOSED SYSTEM CATHETER

Self-Catheterization for Women



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

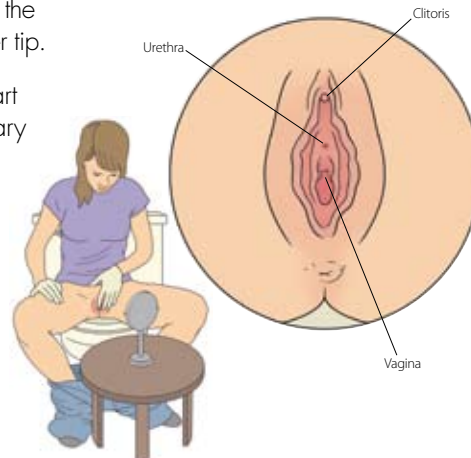
Step 2 Wash your hands, or put on gloves.

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 Guide the introducer tip into the urethra.

Step 8 With your dominant hand on the plastic guide, use your other hand to grasp the catheter through the bag approximately an inch below the guide and push the catheter 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 9 When urine begins to flow, advance the catheter another inch.

Step 10 When the flow of urine stops, slowly remove the catheter.

Step 11 The filled bag may be closed by placing the cap back on the introducer tip. If you would like to empty the bag, either remove the introducer tip or use the tear tab (if applicable) and discard into a toilet or receptacle.

Step 12 Throw catheter system away.



What is an introducer tip?

Most closed systems have an added safety feature called an introducer tip or insertion tip. An introducer tip is a protective guide that slides into the urethra and allows the pre-lubricated catheter to bypass the highest concentrations of bacteria located in the first few millimeters of the urethra, rather than pushing that bacteria further into the urethra during insertion. Studies show using a catheter with an introducer tip reduces the risk of urinary tract infections.

