

HOW TO USE A STRAIGHT CATHETER

Self-Catheterization for Men

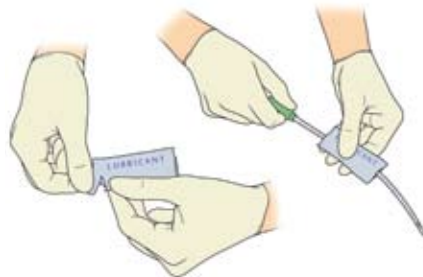


Step 1 Get all of your supplies ready and place near you.

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 Surgilube®.



Different ways to lubricate a catheter:

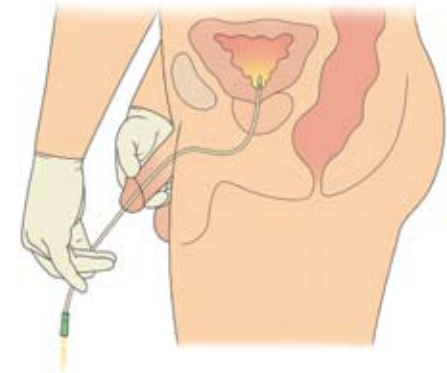
- Tear off both ends of lubricant packet and slide catheter back and forth through packet.
- Tear off top of packet (or use tube of lubricant) and squeeze lubricant all along catheter.

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 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 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.