

# HOW TO USE A CATHETER THROUGH A STOMA



**WASH HANDS**

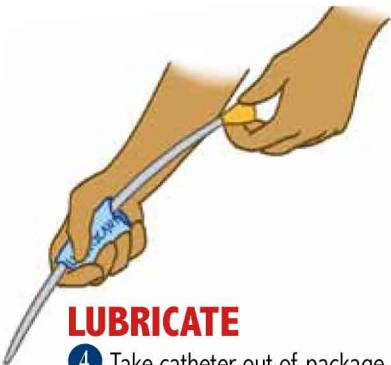
- 1 Get your supplies ready and place near you.
- 2 Wash your hands with soap and water.



**WASH**

- 3 Gently wash around stoma 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.

**If you have problems inserting the catheter through the stoma, try gently twisting the catheter but do not force.**



**INSERT**

- 5 Insert the catheter slowly into the stoma.
- 6 When the urine begins to come out, insert the catheter a little more. Let the urine go into a toilet or container.
- 7 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**

- 8 Throw the catheter away and wash your hands.