

Self Catheterization for the Male Patient

How To Catheterize Yourself Using Clean Technique

1. Gather the necessary equipment:
 - a. Towelettes or a soapy washcloth and a wet washcloth for rinsing.
 - b. Towel.
 - c. Container to collect the urine (if not on a toilet).
 - d. Water soluble lubricant (Surgi-Lube, Lubifax).
 - e. Catheter size:
2. Wash your hands prior to beginning.
3. Assume a comfortable position on the bed or toilet. If you are in bed, place a towel under your hips to protect the bedding.
4. Wash the penis with a towelette or soapy washcloth. Then rinse with a wet washcloth.
5. Apply water soluble lubricant to the insertion end of the catheter. Lubricate about 2" of the tubing.
6. Use your nondominant hand to hold the shaft of the penis straight and upward. This position makes insertion easier.
7. Hold the catheter in your dominant hand and insert it into the urinary opening, about 8 - 10" until the urine flows freely. When the urine begins to flow, let the penis return to its natural position.