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## **Self Catherization – Female**

### **How to Catherize Yourself Using Clean Technique**

1. Gather the necessary equipment: soapy washcloth and a wet washcloth for rinsing, a contained for collecting the urine if a toilet is not available, water soluble lubricant and a 12 French catheter.
2. Wash your hands with soap and water
3. Assume a comfortable position:
  - a. In a reclining position, lay on your back. Bend your knees up and apart with your feet flat on the bed
  - b. Sitting on a toilet frontward or backward
  - c. Standing with one foot up on the toilet
4. Wash the urinary opening with a soapy washcloth or towelette
5. Apply lubricant to the insertion end of the catheter. Use your non-dominant hand to separate the labia.
6. Hold the catheter in your dominant hand approximately once inch from the tip and insert it into the urinary opening gently; directing it upward and forward until the urine starts to flow.
7. Hold the catheter in place until the bladder is drained. Slowly remove the catheter. You may notice an increase in the urine flow as pockets of urine empty. Always wait for the urine to finish draining.
8. Wash the catheter in soapy warm water inside and out. Air dry and store in a dry paper towel or container. This catheter is good to use for one week, or unless it hard to touch or difficult to use prior to one week.
9. Observe the urine drainage for changes. Call our office at once if you notice:
  - a. Cloudy, foul smelling urine
  - b. Bleeding
  - c. Back or abdominal discomfort accompanied by fever
  - d. Trouble passing catheter or increased discomfort when passing the catheter