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## **Self Catherization – Male - How to Catherize Yourself Using Clean Technique**

1. Gather the necessary equipment: soapy washcloth and a wet washcloth for rinsing, a container 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 in bed or on the toilet
  - a. If in bed, place a towel under your hips to protect the bedding.
  - b. If not circumcised, pull the foreskin back
4. Wash the urinary opening with a soapy washcloth or towelette
5. Apply lubricant to the insertion end of the catheter. Lubricate about 2 inches. If you lubricate more than that you may have difficulty inserting the catheter.
6. Use your non-dominant hand to hold the penis at an angle so that it is positioned in a “J”. This position makes the insertion of the catheter easy.
7. Hold the catheter in your dominant hand and insert it into the urinary opening gently about 8 inches into the bladder. When the catheter comes to an area where it meets resistance (about halfway the length of the catheter) use firm, gentle pressure until the muscle relaxes.
8. When the urine starts to flow, let the penis return to its natural position. 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.
9. 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.
10. 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