



# Urological Associates, P.C.

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## HOW TO CATHETERIZE YOURSELF USING CLEAN TECHNIQUE (FEMALE)

1. Wash your hands and gather your equipment: towelettes or baby wipes, a towel if lying on a bed, a container for collecting the urine/may use toilet, water-soluble lubricant, and the catheter prescribed to you - \_\_\_\_\_.
2. Open the catheter packaging and apply about two inches of lubricant to the insertion end of the catheter. Avoid applying more lubricant, as more can make the catheter difficult to hold. Use a **WATER** soluble lubricate.
3. Assume a comfortable position in bed or on the toilet. If in bed, place a towel under hips to protect the bedding. Next wash the head of your urinary meatus with a towelette or baby wipe. **ALWAYS** use downward strokes (towards the rectum).
4. Use your non-dominant hand to separate your labia.
5. Hold the catheter in your dominant hand and insert it into the urinary meatus, directing it upward and forward toward the umbilicus (belly button). After urine flows freely, be sure to insert the catheter another inch to ensure the catheter is fully in the bladder.
6. Hold the catheter in place until the urine stops. Then slowly withdraw the catheter. It is normal to have pockets of urine drain as the catheter comes out, let them drain.
7. Remove the catheter, properly dispose, and wash your hands. \*Catheters are SINGLE-use\*
8. Observe your urine. If you note any of following, contact the office:
  - Excessive bleeding or clots
  - Back or abdominal discomfort
  - Trouble passing the catheter
  - Chills or Fever over 101.1F
  - Increase discomfort when passing the catheter
9. Catheterize \_\_\_\_\_, as instructed by your provider. Feel free to void normally, if able, in between your catheterization times. You may be instructed to measure the amount of urine you obtain with each catheterization. If you need to measure, another handout will be provided for easy record keeping, which you need to bring to every office visit.

**\*\*Important: Remember to wash your hands before and after catheterizing. Keep your work area clean and do not let the catheter touch any surface except the inside of its packaging.**