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HOW TO CATHETERIZE YOURSELF USING CLEAN TECHNIQUE (MALE)

1. Wash your hands and gather your equipment: towelettes or baby wipes, 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 either sitting on the toilet or standing over it. Next, wash the head of your penis with a towelette or baby wipe.
4. Use your non-dominant hand to firmly hold the shaft of the penis straight and upward.
5. Hold the catheter in your dominant hand and insert it into the urinary opening all the way to hub-end of the catheter. Even if urine starts to flow, insert to the end of the catheter.
6. After the catheter is inserted all the way to the hub, let the penis return to its natural position, and hold the catheter in place until the urine stops. At this point, 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, dispose of properly, 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.**