



Male External (Condom) Catheter

Your provider has recommended the use of a male external (condom) catheter to help manage your urinary incontinence.

An external catheter does NOT go into the urethra. It sits on the outside of the penis and directs the urine into a drainage bag. It is placed over the penis in the same way a condom is applied.

A properly fitting catheter is the key to success. We will help you determine the correct size. The circumference at the base of the penile shaft determines the size. If you are between two sizes, we recommend the smaller size. If the catheter is too large, it may result in urine leakage. The length of the penis is not as important as external catheters fit most men. If you feel as though the catheter length is too long/short, please call the office.

If you have a latex allergy, you will need a 100% silicone catheter.

An external catheter can be worn for up to 24 hours. It needs to be removed daily in order to clean and inspect your penis for any skin breakdown. It is important to monitor your skin underneath the catheter. If your skin begins to breakdown or becomes irritated, stop using the catheter and call our office.

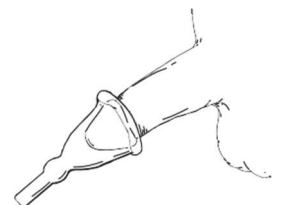
You will need to attach a drainage bag to the end of the condom catheter. Use of a leg or overnight bag is a personal preference.

When using a leg bag, you will most likely benefit from extension tubing. This tubing will attach the catheter to your drainage bag. It is important to customize the length of the tubing to your life style. Remember you might need more length when transferring or walking. The goal is to prevent tension on the catheter causing dislodgement and/or urine leakage.

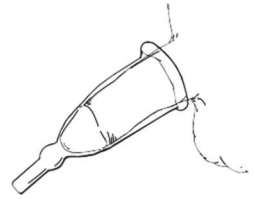
We have extension tubing available for purchase (\$2.00).

Application:

1. Wash your hands with soap and water.
2. Next, wash your penis with soap and water. Allow your penis to completely dry.
 - a. You may need to wait 15-20 minutes after washing to ensure your penis is completely dry.
3. Trim your pubic hair, if applicable. The condom catheter uses an adhesive to stay in place, removal may be uncomfortable if hair is stuck to it.

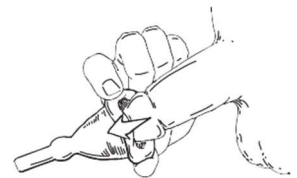


- a. If you are uncircumcised, ensure your foreskin is in its natural position, over the head of your penis.
4. If using a skin protectant, apply and allow to dry.
5. Place the catheter on the end of your penis.
6. Unroll the catheter along the shaft of your penis.
 - a. The catheters used in the office have a blue pull tab. This helps to seamlessly unroll the catheter. The blue tab will need to be pulled towards you.
7. After it is unrolled, gently press the catheter on the shaft of the penis. This helps to remove air pockets and/or creases which can cause leakage or dislodgement.
8. Once the catheter is in place, you will need to attach the drainage bag of your choice to the end of the catheter.
 - a. If using a leg bag, extension tubing will most likely be helpful.
 - b. Be careful during application. Too much force may cause the catheter to be dislodged and/or cause trauma to your penis.
9. Discard any packaging.
10. Wash hands with soap and water.



Removal:

1. After washing your hands with soap and water, apply a warm wet cloth to your penis and hold for a few minutes.
 - a. This will help the adhesive release for easier removal.
2. Roll the catheter off.
 - b. Do NOT pull to remove.
3. If any adhesive remains, wash your penis with soap and water.
4. Discard the catheter and wash your hands.



If you develop irritation or a sore on your penis, stop using the condom catheter and call the office.

While the use of condom catheters can be intimidating, we are here to help!

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