



UROLOGY, P.C.

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Female Self-Catheterization

Catheterization is a way to empty all of the urine from your bladder. This is also called self cath. This keeps urine from sitting in your bladder. If urine sits in your bladder too long, it can cause a bladder infection, bladder stones, kidney infection or possibly kidney damage.

Supplies:

1. Clean catheter. Use a **short** female catheter if you do this procedure on a toilet or you can use a longer catheter if it works better for you.
2. Soap and water or soap towels, or cleansing towelettes.
3. Clean washcloth or towel for drying catheters.
4. Water-soluble lubricant such as K-Y jelly or Surgilube. **Do not** use Vaseline.
5. Container to drain urine into, if toilet is not available or can't be used.
6. You will need a written prescription for the catheters and supplies in order for your insurance/Medicare to pay for them. You will need a new prescription every 365 days

Steps to Follow:

1. Have all equipment together.
2. Urinate if you can.
3. You may catheterize yourself while sitting on the toilet (some women find it helpful to sit backwards on the toilet), in a wheelchair, in the bathtub or shower, or while standing.
4. Wash your hands well with soap and water.
5. Take the catheter out of the plastic bag. Wash the catheter with soap, and rinse with water before each use.
6. Put a small amount of lubricant on the tip of the catheter.
7. Separate the folds of the labia with your fingers. Wash the urinary opening (urethra) with soap and water.
8. Continue to separate the folds with your fingers. Find the urinary opening just above your vagina.
9. Use your hand that is not holding the labia to pick up the catheter.
10. Put the catheter straight into the urinary opening.
11. Push the catheter in about 2 to 3 inches until urine flows freely.
12. Let the urine flow into the container or the toilet.
13. Press down with your abdominal muscles to completely empty your bladder. Remove the catheter slowly. Stop pulling the catheter out when urine starts flowing. Repeat this step until the urine completely stops. Pinch the end of the catheter to keep urine from spilling on your clothes. Slowly take the catheter out.
14. Wash catheter with soap and water, rinsing well.
15. Return catheter to clean dry towel and let dry completely before storing.
16. Wash hands when finished.
17. Carry the catheter with you at *all* times. It can be stored in a plastic bag (i.e. "Ziploc bag"), purse, cosmetic case, or a similar container.

Catheter Care:

1. Wash the catheter with soap and water.
2. Rinse well with water inside and out.
3. Lay catheter on a clean towel and let air dry (inside & out) making sure it is completely dry before storing.
4. Store the catheter in a clean plastic bag or other clean container.
5. Catheters may be reused until they become brittle, cracked, or do not drain well. They should be replaced monthly regardless of condition.

Cathing Instructions

1. Catheterize yourself _____ times a day. You should try and spread the times out throughout the day during the hours you are awake. You should always catheterize yourself before bedtime and then again on arising in the morning. It is very important to follow this routine every day.

Additional Instructions_____

Signs and Symptoms of Urinary Tract Infection:

Be familiar with the signs and symptoms of a urinary tract infection. These should be reported to your physician:

1. Cloudy urine and/or foul smelling urine
2. Frequent, urgent urination.
3. Red or swollen urinary opening.
4. Burning or pain with urination.
5. Low abdominal pain, pain or tenderness across the lower back or flank (side) pain. Chills or fever. If you suspect you have a fever please check your temperature.

If the above symptoms develop call our office at 489-8888

Suggestions to prevent infections:

1. Increase your liquid intake – drink at least two quarts of liquid per day.
2. Always clean catheter as instructed above and make sure they are dry before storing. This is very important because moist catheters can grow bacteria.
3. Practice good hand washing before and after catheterization. Maintain good perineal hygiene.
4. Replace damaged catheters.



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ALTERNATE INSTRUCTIONS FOR CATHETER CLEANING

1. In a large container mix 1 gallon of water with either 1/2 cup of household bleach (Clorox) or 1/2 cup of Apple cider vinegar. You can also just use soap and water as stated in the self catheterization instructions.
2. After using the catheter wash it with soap and water then place it in a small container with some of the cleaning mixture you have prepared according to above instructions. Allow the catheter to soak for 20 minutes. Discard the solution after each use.
3. After soaking the catheter, let the catheter air dry on a paper towel. This is very important because moist catheters can grow bacteria.
4. After catheter has completely dried (inside and out) store it in a plastic bag. Ziploc bags work well.
5. Catheters may be reused until they become brittle, cracked, or do not drain well. They should be replaced monthly regardless of condition.
6. It works best if you have 2 catheters and alternate them every other time. This will allow the catheters to dry completely between each use.

If you have any questions or concerns about the care of your catheter please call our office at 402-489-8888. Phone hours are Monday thru Thursday 8:30-11:30 and 1:00-4:30 pm, and Friday 8:30-11:30 and 1:00-3:30 pm.