

Catheterizing Yourself

Male

Sometimes health problems make it hard for you to urinate on your own. You may need to put a catheter in your bladder to drain your urine. This is called “self catheterization” or “in and out cath”.

When To Catheterize Yourself

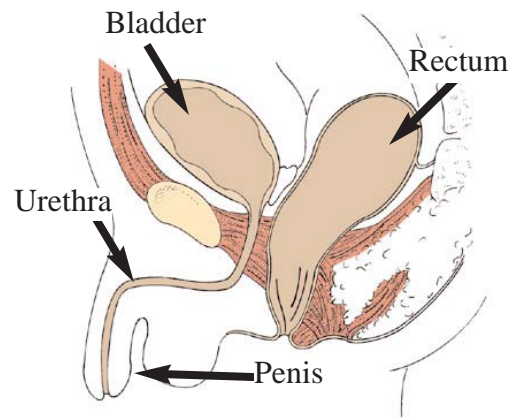
Your doctor will tell you how often you need to catheterize yourself. Most people need to drain their urine every 3-6 hours. This depends on how much you drink and how active you are. The amount of urine you drain should be below the 500 mL mark on your measuring container. If you drain more than 500 mL, you need to catheterize yourself more often.

Other signs that it may be time to catheterize yourself are when you:

- Feel restless.
- Start sweating (without exercising).
- Get chills.
- Have a headache.
- Feel your lower abdomen is swollen.
- Feel “full.”

Supplies You will Need

- A clean catheter
- Water-soluble jelly (This is special medical jelly that helps the catheter go in easily.)
- Soap and water
- 2 clean, unused washcloths
- Container with marks to at least 1000 mL



How The Bladder Drains

The bladder stores urine until it leaves the body. A tube called the urethra runs from the bladder through the penis to drain urine out of the body. The catheter can be put into the urethra. It is moved up to the bladder to drain the urine.

How To Catheterize Yourself

- 1) Wash your hands with soap and water. Dry them on a clean, unused towel.
- 2) Open your supplies.
- 3) Wet two washcloths. Put soap on one of them.
- 4) Wash the end of your penis with the soapy wash cloth. Use the other washcloth to rinse with warm water.
- 5) Set your urine container where it will catch the urine when it comes out of the catheter.
- 7) Put the tip of the catheter into the water-soluble jelly. Move the catheter around to get jelly all over the tip.
- 8) Put the catheter into the opening of your penis (urethra). Gently move the catheter in until you see urine come out of the catheter. Pushing gently on your lower abdomen may help the urine drain.
- 10) When urine stops coming out, slowly pull the catheter out. As you pull back, more urine may drain out. If this happens, stop and let the urine drain. Then, continue to take the catheter out.
- 11) Write down the amount of urine in the container.
- 12) Throw the urine away in the toilet.
- 13) Wash your hands.



Call your doctor if:

- You need to catheterize yourself more often than usual.
- Your urine is cloudy.
- Your urine smells bad.
- There is blood in your urine.
- You have trouble getting your catheter in or out.
- You have any unusual discharge coming from your penis