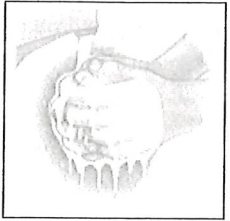
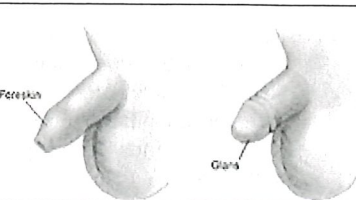

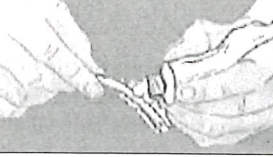
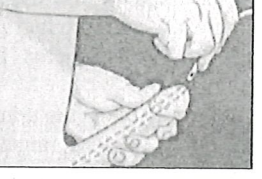
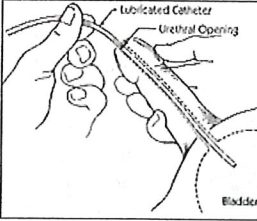
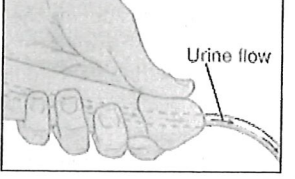
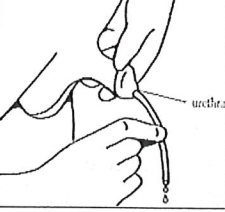


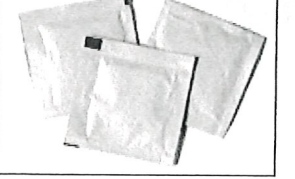
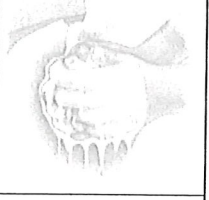


SELF CATHETERIZATION – MALE

Intermittent self-catheterization (ISC) is a basic procedure that drains urine from the bladder. It can be carried out safely at home, at work, or when traveling so it will not restrict your busy life. While your clinician is your best resource on ISC, this simple instruction sheet is intended to provide additional information and support as you learn to take back control of your bladder management.

<p>STEP 1</p>	<p>Relax and take your time when catheterizing. Follow your physician's orders for catheterization frequency. Wash your hands with soap and water.</p>		<p>STEP 2</p>	<p>Move back the foreskin of your penis if you are uncircumcised.</p>	
<p>STEP 3</p>	<p>Wash the tip of your penis using a fresh antiseptic towelette or baby wipe.</p>		<p>STEP 4</p>	<p>Lubricate the tip of the catheter (<i>do not use petroleum jelly</i>). Apply a water soluble lubricant to the first two (2) inches of the catheter.</p> <ul style="list-style-type: none"> (If using a hydrophilic catheter, no additional lubrication should be necessary). 	
<p>STEP 5</p>	<p>Hold your penis straight out and insert the catheter using firm but gentle pressure.</p> <ul style="list-style-type: none"> (If using a Coude (curved tip) catheter, confirm the line, marking or guide strip is facing upwards). 		<p>STEP 6</p>	<p>Gently and slowly slide the tip of the catheter into your urethra until urine starts to flow. Do not force the catheter. Try to relax and breathe deeply.</p>	
<p>STEP 7</p>	<p>As soon as urine starts to flow, point the penis downward and let the urine flow into the toilet or a container.</p> <ul style="list-style-type: none"> Bear down 1 to 2 times to empty all of the urine from your bladder. 		<p>STEP 8</p>	<p>When the urine stops flowing, remove the catheter with a slow, twisting motion to allow further release of urine by repositioning the catheter eyelets.</p> <ul style="list-style-type: none"> If urine starts to flow again, pause removal. 	
<p>STEP 9</p>	<p>Once urine stops flowing, pinch the end of the catheter closed (to avoid getting wet) and fully remove catheter.</p>		<p>STEP 10</p>	<p>Throw the used catheter away using the trash receptacle. Do not wash and reuse your catheter. Studies show that this can lead to infections. Always close the toilet lid before flushing to avoid spread of germs.</p>	
<p>STEP 11</p>	<p>Wipe the end of your penis again with a fresh towelette.</p>		<p>STEP 12</p>	<p>Wash your hands with soap and water.</p>	

When to call your doctor:

- You are having trouble inserting your catheter
- You are leaking urine
- You have signs of infections (a burning sensation when you urinate, fever or chills)
- You have pain in your penis or bladder
- You notice a foul odor with your urine
- You have a skin rash or sores
- If you notice blood in your urine
- Grit-like particles or mucus in your urine
- Leakage or voiding between catheterization



Patients First and Foremost...Always!