

Discharge Instructions / Patient Information Clean Intermittent Catheterization (Females)

Catheterize with a _____ size catheter _____ times a day.

Supplies:

- Catheter
- Soap and water, personal care wipe
- Water soluble lubricant
- Handheld Mirror
- Urinal if needed

Steps to Clean Intermittent Catheterization

1. Wash your hands
2. Sit on the toilet. You can also sit on a chair or on the bed with a urinal positioned to catch the urine.
3. With your non-dominant hand, separate the labia and gently wash the area by wiping front to back three times using a fresh wipe or cloth each time.
4. If the catheter is not pre-lubricated, lubricate the catheter tip and the next 2 inches.
5. With your dominant hand, hold the lubricated catheter near the end of the catheter where the urine will drain.
6. While continuing to spread the labia, with the 2nd and 4th fingers of your non-dominant hand, use your 3rd finger to identify the meatus (urinary opening),. If you are using a mirror, make sure it is sitting in a place where you can easily visualize the perineum.
7. Insert catheter gently. If you meet resistance, stop, wait a minute and then try again. Insert the catheter until urine flows out and then insert 1 inch further. Ensure the catheter can drain into the toilet or a urinal. Hold the catheter in place until the urine stops flowing.
8. When the urine stops flowing, slowly pull the catheter out, gently rotating the catheter as it is pulled out. If more urine flows, stop and wait until the urine stops flowing and then resume pulling the catheter out.
9. Discard all materials in a trash bag, tie the bag.

Report to your health care provider any of the following:

- Fever, chills
- Pain with urination
- Cloudy, bad smelling urine
- Bloody urine
- Back pain, abdominal pain
- Inability to pass the catheter or very difficult to pass catheter