

Discharge Instructions / Patient Information Clean Intermittent Catheterization (Males)

Catheterize with a _____ size catheter _____ times a day.

Supplies:

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

Steps to Clean Intermittent Catheterization

1. Wash your hands
2. Stand in front of the toilet or sit on the toilet. You can also sit on a chair or on the bed with a urinal positioned to catch the urine.
3. Hold the penis up with one hand, wash the tip of the penis to the base of the glans with the wipes or soap and water.
4. If the catheter is not pre-lubricated, lubricate the catheter tip and the next 6 inches.
5. Hold the penis straight up from the body at a 60° - 70° angle from the body.
6. 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.
7. 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.
8. 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