

## Clean Intermittent Catheterization MALES

Standing or sitting on the toilet is fine, entirely your preference as long as you develop a schedule. Catheterize every 3-4 hours or as indicated by your doctor. Don't miss a catheterization. It's okay to be early, but never be late.

### Equipment:

- Clean, washed hands
- Clean, washed genitals
- Water soluble lubricant
- Catheter
- Toilet

1. Wash and rinse hands and genitals with soap or a towelette.
2. Apply WATER SOLUBLE lubricant to insertion end of catheter, approximately 1-2 inches. Examples: KY, Astro-Lube. Do not use petroleum jelly or Vaseline.
3. Hold catheter in dominant hand; hold penis with other hand. Insert into the urethra, directing the catheter upward and forward toward your belly button.. As the catheter reaches the prostate, you may experience slight resistance. Use gentle pressure, do not "force" or "shove" the catheter in. Keep gliding the catheter in until you see urine flowing.
4. Hold catheter in place until urine flow tapers off, and slowly withdraw the catheter. Remove catheter.
5. Wash catheter in warm, soapy water and rinse thoroughly. Air-dry the catheter flat on a towel. Catheters can be re-used until they become difficult to clean.

### Watch for:

Changes in urine color or odor. If urine appears cloudy, bloody, or with sediment, call your doctor. Call your doctor if you experience fever, chills, back pain, abdominal pain, and/or difficulty passing the catheter.