

## **GENERAL COMMENTS**

The purpose of self-catheterization is to allow you to completely empty your bladder at regular intervals without the need for wearing a continuously draining catheter. Self-catheterization, by doing away with the continuously draining catheter, lowers the infection rate, prevents over-distension of the bladder, and frees you from having to wear a drainage bag.

Practice self-catheterizing in the position that you will be using the most - sitting, standing, in a wheelchair, or lying down. Empty your bladder of urine completely each time, and as often as directed by your doctor. Don't miss a catheterization. It's okay to be early, but never be late.

## **GOALS**

As a rule the goal of self catheterization is to retrain your bladder to empty properly, if possible. More specific goals are to keep post-urination residual urine volumes (the amount you catheterize) under 3 1/2 ounces or 100 ccs. At the same time we would like to see your self urination amounts about double the catheterized amount.

## **Overdistension**

Allowing the bladder to overdistend with too much urine can delay healing. As a rule, we do not like to see more than 500 ccs, 16 ounces or one pint of urine in the bladder at any time. If your volume (urinated plus catheterized) is consistently more than 16 ounces you must catheterize more often or reduce your fluid intake to some degree.

## **Timing of catheterization**

You will need to catheterize yourself every [4] [6] [8] \_\_\_\_ hours or [as needed].

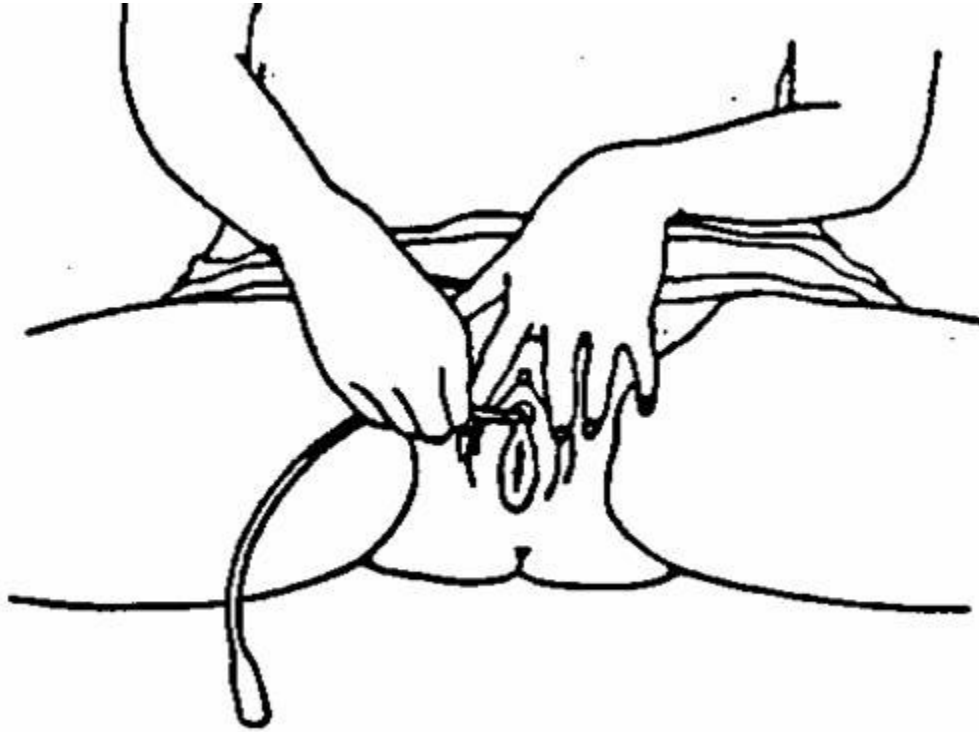
Try to urinate to empty your bladder as best possible, but do not strain. Then catheterize yourself immediately. At regular intervals you should measure the amount of urine that you urinated and then the amount that you obtained with the catheter.

At other times of the day, if you feel the urge to urinate, you may empty your bladder as completely as possible and NO catheterization is required. If you feel the urge to urinate but you cannot, you can always catheterize yourself.

## TECHNIQUE

1. Gather the necessary equipment: towelettes (or a soapy washcloth and a wet washcloth for rinsing), a towel, a container for collecting the urine (if toilet is not available), water-soluble lubricant, and a catheter (#16 French, about 5 inches long) You may also have on hand an anesthetic lubricant such as 'lidocaine jelly'. **Do not use petroleum jelly or Vaseline!**

2. Wash your hands, then assume a comfortable position in bed or on the toilet. If you are in bed, place a towel under your hips to protect the bedding.



3. Wash the urinary meatus with a towelette or soapy washcloth. Then rinse with a wet washcloth.

4. Apply water-soluble lubricant to the insertion end of the catheter. Lubricate about one inch of tubing.

Use a water soluble lubricant such as KY Jelly or Lubafax. Do not use petroleum jelly or Vaseline!

5. Use your nondominant hand to separate the labia. Until you are used to the technique you will need to locate the urinary meatus (urethral opening) by using a mirror or by feeling for the clitoris and using it as a landmark. The urinary meatus is just below the clitoris.

6. Hold the catheter in your dominant hand and insert it into the urinary meatus, directing it upward and forward toward the umbilicus (belly button) until the urine flows freely.

7. Hold the catheter in place until the bladder has been drained. When the urine flow begins to taper off, slowly withdraw the catheter. (As you do, you may note an increase in urine flow as urine pockets

are drained.)

8. Remove the catheter. Wash it in warm, soapy water, and rinse it thoroughly. Then air-dry it and store it in a dry paper or cloth towel until you need it again. Store the catheter in a rolled up towel or facecloth, a toothbrush holder, or anywhere that is convenient. Have a catheter with you at all times. Keep one at school, at work, and one in the car, too. It is more important to catheterize on schedule than to worry about catheter cleanliness. A quick rinse with soap and water before use will do. At the end of two weeks, discard the catheter (time varies). However, if it becomes hard to clean before then, use a new one.

9. Look at the urine for changes. If you see any change in color or odor or if the urine appears cloudy, contact your nurse or doctor. Also call if you have:

- \* significant bleeding
- \* unusual or increased sediment in the urine
- \* back or abdominal discomfort
- \* fever of 101 degrees or greater
- \* trouble passing the catheter
- \* increased discomfort when passing the catheter
- \* leakage of urine in between catheterizations.

10. Catheterize periodically to maintain bladder volumes around 12 - 16 ounces (or a pint), which is the best volume for maintaining a healthy bladder and kidneys.

### **Catheterization outside the home**

Self-catherization can be done in public bathrooms as well as bathrooms at other people's homes. The procedure is the same and the equipment must be carried with you. Usually a zip-loc bag or similar containing package works best. One bag should be made for each catheterization.

- Zip loc bag
- clean catheter
- washcloth or wipes (towelettes)
- small tube of K-Y jelly

### **Buying new catheters**

Each catheter should last 2-4 weeks. They may be cleaned with soap and water and rinsed well. Discard any catheter that becomes faded, cracked or if pieces of rubber are falling off. You should buy 2-3 catheters at a time.

DATE \_\_\_\_\_

**MEDICAL SUPPLIES PRESCRIPTION**

Rx:

PATIENT NAME: \_\_\_\_\_

DIAGNOSIS: \_\_\_\_\_

ESTIMATED TIME OF NEED: \_\_\_\_\_ [ ] INDEFINITE

NOTE: \_\_\_\_\_  
\_\_\_\_\_

[ ] Urethral Catheters      Disp: # \_\_\_\_\_      [ ] Q.S. 3 months  
    size/type \_\_\_\_\_

[ ] K-Y Jelly              Disp: # \_\_\_\_\_      [ ] Q.S. 3 months

[ ] Box of towelettes      Disp: # \_\_\_\_\_      [ ] Q.S. 3 months

[ ] Tubing                  Disp: # \_\_\_\_\_      [ ] Q.S. 3 months

[ ] 2% Xylocaine Jelly      Disp: # \_\_\_\_\_      [ ] Q.S. 3 months

[ ] Skin cleaner/prep      Disp: # \_\_\_\_\_      [ ] Q.S. 3 months

[ ] Saline for irrig Disp:      Disp # \_\_\_\_\_ L      [ ] Q.S. 3 months

[ ] Water for irrig Disp:      Disp # \_\_\_\_\_ L      [ ] Q.S. 3 months

[ ] Toomey Syringe          Disp: # \_\_\_\_\_      [ ] Q.S. 3 months

[ ] Urinal/Drain Bottle      Disp: # \_\_\_\_\_      [ ] Q.S. 3 months

[ ] Incontinence Pads      Disp: # \_\_\_\_\_      [ ] Q.S. 3 months

[ ] Leg Bags                Disp: # \_\_\_\_\_      [ ] Q.S. 3 months

[ ] \_\_\_\_\_              Disp: # \_\_\_\_\_      [ ] Q.S. 3 months

[ ] \_\_\_\_\_              Disp: # \_\_\_\_\_      [ ] Q.S. 3 months

Additional:

PHYSICIAN \_\_\_\_\_ SIGNATURE \_\_\_\_\_