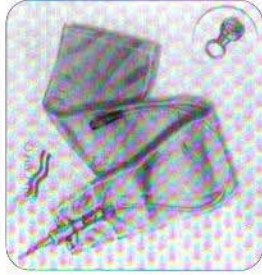


your fluids, your total liquids for twenty-four hours are usually limited to a total of one quart and one pint (1,000cc to 1,500cc).

If you are a member of the American Association of Retired Persons (AARP), you may call 1-800-284-4788 and ask about purchasing catheters by mail-order.

There is also a new catheter system available that features a 100% latex-free pre-lubricated catheter with an insertion tip and catheter guide enclosed in a seamless collection chamber. It provides a method for safe, simple catheterization and is designed to reduce the risk of urinary tract infections.



Warning Signs

Call your health care professional immediately if any of the following occur:

- If you cannot catheterize due to pain or inability to get the catheter in.
- If you have a fever above 100 degrees Fahrenheit.
- If you experience back pain in the area of the kidneys.
- If you experience a sudden onset of leakage of urine between catheterization.
- If the urine becomes cloudy or foul-smelling.
- If your urine becomes very bloody (like the color of cranberry juice).

National Association For Continence is a non-profit organization, dedicated to improving the quality of life of people with incontinence. NAFC is a leading source of public education, and advocacy about the causes, prevention, diagnosis, treatments, and management alternatives for incontinence.

Always consult your doctor before trying anything recommended in this or any other publication that speaks to general health issues.

For more information about incontinence, write or call:

NAFC

P.O. Box 8310
Spartanburg, SC 29305-8310
phone: 864-579-7900
fax: 864-579-7902
toll-free: 800-BLADDER (800-252-3337)
Web site: www.nafc.org

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1-800-328-3863
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Male Self- Catheterization

Important Tips for Men



Male Self-Catheterization

by Rodney A. Appell, MD,FACS,
Baylor College of Medicine,
Houston, TX

Self-catheterization is a safe procedure that can help bring your urinary symptoms under control. Many people self-catheterize and report that it has improved their quality of life. It will allow you to keep your bladder healthy, completely empty your bladder at regular intervals, protect your kidneys from infection, and eliminate the need for wearing a continuously draining catheter.

This is a simple procedure that requires no special soaps or special cleansing agents. A “clean” technique is sufficient. Liquid dish soap or liquid hand soap is adequate.

Catheterization Procedure

1. Gather equipment needed:
 - a. Soap
 - b. A water-soluble lubricant, such as K-Y Jelly. Don't use Vaseline because it will destroy the catheter and can also cause a bladder infection.
 - c. Clean rubber or plastic catheter in its container (clean small jar or plastic bag).
 - d. Clean towel.
2. Arrange your clothing so it is not in the way.

3. Attempt to urinate on your own. You should still catheterize even if you are able to urinate a large amount. There may still be a volume of urine in the bladder that must be emptied to prevent an infection.

4. Wash your hands with regular bath soap and water, then wash your penis with bath soap and water around the urinary opening. If you are uncircumcised, retract the foreskin fully before washing.

5. Wash the catheter with soap and water and rinse well. Place the catheter on a clean cloth or on a paper towel.

6. Apply a generous amount of lubricant to the first few inches of the catheter. Lubricant can be



purchased at most drugstores. The lubricant must be water soluble — **DO NOT USE VASELINE!** Bacteria can stick to Vaseline and cause a urinary tract infection.

7. Hold your penis in an upright position and insert the catheter gently until a good flow of urine is obtained. The only way to be sure that the catheter is in the bladder is to see urine flow. If the catheter is dropped, rewash it to prevent germs from being introduced into your bladder.

8. Remove the catheter when the urine flow ceases.

9. Wash the catheter again with soap and water, flush the inside of the catheter, rinse well, and place in a clean plastic bag or small jar.

10. If your doctor requests it, write down the amount of urine obtained with catheterization.

Catheter Care

To clean the catheter after use:

- Flush catheter through with warm soap water in the sink.
- Rinse catheter well with plain water and drain.
- Dry catheter with clean cloth or paper towel.
- Store in small clean jar or small clean plastic bag.

You do not have to sterilize your catheters — cleaning them as described above is adequate.

One catheter will usually last one month or longer. If needed, buy two or three catheters at a time in the size prescribed by your doctor or nurse. (Urinary catheters can be purchased in most drug stores or medical supply houses.) You should discard and buy new catheters when the rubber becomes faded, cracked, and/or pieces of the rubber break off.

Trouble-Shooting

If you meet resistance during the first two weeks of catheterization don't get discouraged. With time, this discomfort lessens as the urinary tube (the urethra) “toughens up.” If you find it too painful to catheterize, please call your health professional.

Catheters can be purchased at medical supply stores. Bring the original catheter wrapper to the store with you. Allow time for the store to order the catheters if they do not stock your specific type.

It is very important that you follow the fluid guidelines suggested by your doctor. If you are to limit

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