

# Inserting a Urinary Catheter Step-by-Step Video Library

HealthClips™ Video Library: [allinahealth.healthclips.com](http://allinahealth.healthclips.com)



- Open your smart phone's camera.
- Hold the phone over the QR code.
- Click on the yellow link.
- Click on the video.

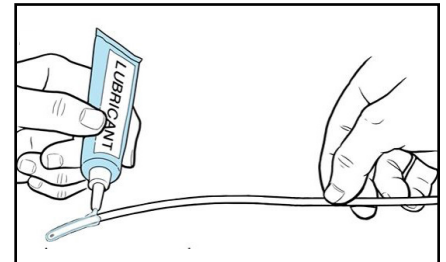
Use the QR code at left to access the entire video library.

**Step-by-Step:**  
Inserting a Disposable Catheter (Man)



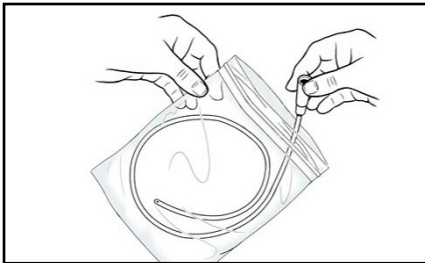
Watch this [video](#) to learn how to insert a disposable catheter into the urethra through the penis.

**Step-by-Step:**  
Inserting a Disposable Catheter (Woman)



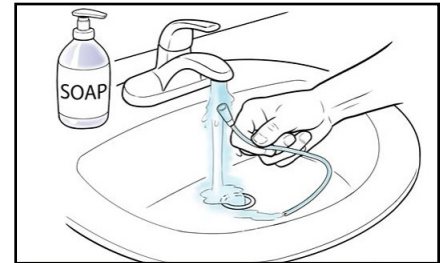
Watch this [video](#) to learn how to insert a disposable catheter into the urethral opening above the vagina.

**Step-by-Step:**  
Inserting a Reusable Catheter (Man)



Watch this [video](#) to learn how to insert a reusable catheter into the urethra through the penis.

**Step-by-Step:**  
Inserting a Reusable Catheter (Woman)



Watch this [video](#) to learn how to insert a reusable catheter into the urethral opening above the vagina.