

# How to Insert a Catheter (Men)

## General Information

You will use a catheter to empty your bladder. This process is called intermittent self-catheterization.

Emptying your bladder is important in preventing urinary tract infections. How often you use the catheter is decided by your health care provider.

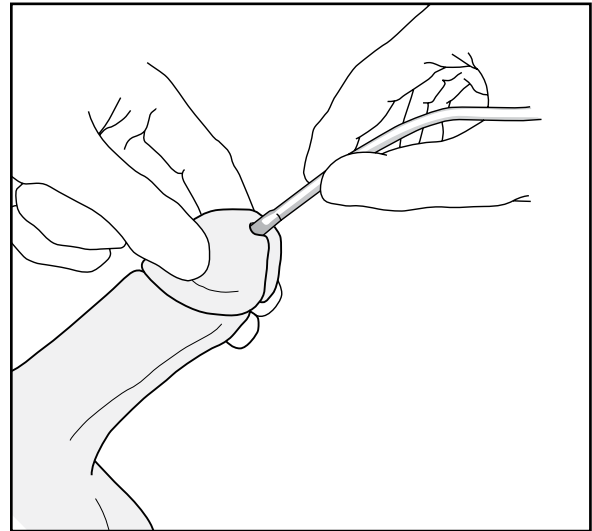
While you are using the catheter, follow these guidelines:

- Drink plenty of fluids.
- Use the catheter as often as your doctor suggests. In general, this will be every 4 hours during the day and every 6 hours at night.
- You can use the catheter until it becomes too soft to guide or too hard to use. When this happens, throw it away and use a new one.
- Wash your hands with warm, soapy water before and after handling the catheter.

## Catheter Insertion

To insert the catheter, do the following:

- Gather the catheter, washcloth, soap and water-soluble lubricant.
- Wash your hands with soap and water.
- Hold your penis on the sides and extend it upward.
- Clean the head and shaft with soap and water. If you are not circumcised, pull back your foreskin and cleanse.
- Lubricate the tip of the catheter and insert it gently into your penis.



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### Where to insert the catheter.

- If the catheter meets resistance, use gentle, but firm pressure. Continue to insert the catheter until urine returns.
- When the urine begins to flow, move the catheter in 1 inch. If you need to measure your urine, drain the urine into a measuring container. If you are not measuring, use the toilet.
- Let the urine flow until it stops. Slowly remove the catheter.
- Reduce or replace the foreskin if you are not circumcised.
- Wash the catheter with soap and water, and rinse it inside and out with plain water. Let it dry and put it in a clean container.
- Write down the times and amounts of your catheter use and voiding. Also record any times of incontinence. Your health care provider will need this information.

**(over)**

Date	Time	Residual amount	Incontinence

Date	Time	Residual amount	Incontinence