

Clean Intermittent Catheterization (Male)

Information for patients

The Cystoscopy Department at Toronto General Hospital has created this brochure to help you learn how to catheterize yourself.



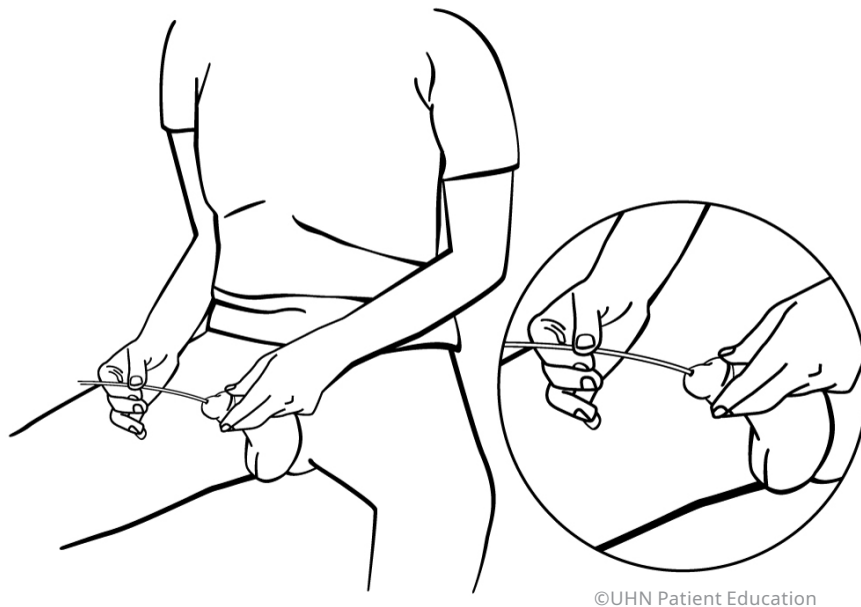
What steps do I take to catheterize myself?

1. If you are able, try and pass your urine (pee) normally before you catheterize yourself.
2. Wash your hands with soap and water.
3. Gather your supplies (mild soap, catheter and water-soluable gel).
4. Wash the penis thoroughly from tip to base with mild soap and water. Make sure the soap has no perfume (such as Ivory soap).
5. Then wash your hands well for at least 15 seconds. If you are uncircumcised, pull back the foreskin of the penis and wash.



©UHN Patient Education

6. Lubricate the tip of the catheter with a water-soluble gel (gel that dissolves in water).
7. Sit down on a stable surface. Make sure you are comfortable.
8. Hold the penis upright toward the ceiling (this creates a straighter passage down the urethra).



©UHN Patient Education

You will probably need to:

- Slide the catheter in about 6 to 8 inches (15 to 20 centimetres).
- Continue to insert the catheter until you start to see urine draining from it.
- Once you see urine draining, slide the catheter in 1 more inch (2.5 centimetres), then stop.

9. Wait for all the urine to drain from the bladder.
 - Once the urine has stopped draining, slowly remove the catheter.
 - If more urine starts to drain as you are sliding out the catheter, stop and let it drain.
 - After you have removed the catheter, remember to pull your foreskin forward again.

If you have been asked to keep a voiding diary, make sure you keep track of all your urine output in the chart in this booklet. If this diary is needed for a longer time, you may want to buy a notebook.

What if I have trouble inserting the catheter?

- Try taking a couple of deep breaths and exhale slowly. This helps to relax your muscles.
- You can also try and turn the catheter as you are inserting it into the urethra.
- NEVER force the catheter.
- If you are unable to insert the catheter, call your doctor.
- Please do not worry if you see some pink urine when you insert or remove the catheter.

Tip: If you are catheterizing yourself outside your home, buy a small travelling bag to carry all your supplies.

What steps do I take to clean the catheter?

1. Wash the catheter in warm water, using a mild soap.
2. Then, rinse it inside and out.
 - Use a catheter-tip syringe to wash, rinse and blow out the catheter with air.
 - Dry the catheter well with a clean towel or paper towel.
 - Leave the catheter open to the air to dry until next use.
 - If you are travelling and storing the catheter, place it in a paper towel inside a Ziploc bag. Leave the bag open to prevent condensation.
3. Throw out the catheter if you notice it has become brittle or cracked.
We recommend that a catheter can be used for about 3 to 4 weeks before you should throw it away and use a new catheter.

What else should I be thinking about?

Drink fluids such as water to help you make urine and keep your bladder flushed.

- Drink about 6 to 8 glasses of fluids a day. Each glass should be about 8 ounces. Water is the best choice.
- Avoid foods and drinks that may irritate your bladder such as spicy foods, alcohol, colas, coffee and tea.



Look for changes in your urine.

If you see any change in colour or odour or if the urine appears cloudy, call your doctor.

Also call your doctor if you have:

- Bleeding that does not stop
- Sediment in the urine
- Back or abdominal (stomach) discomfort with a fever
- Trouble passing the catheter

Increased discomfort when passing the catheter If you have been told to irrigate your catheter, please ask us for more information.

Follow-up information

You will be given a follow-up appointment to return to the Cystoscopy Department in 4 weeks.

If you have any questions or concerns, please call the Cystoscopy Department at 416 340 3882 and ask to speak to a nurse.

Voiding diary

Record the number of times you catheterize yourself every day. Record the voided amount and the catheterized amount on this sheet. Please bring this diary with you when you come back to see your urologist.

Date	Time	Amount voided	Catheter amount	Total (All Voided + catheter amounts)
Example March 9	8:00 am	50 ml	250 ml	300 ml
March 9	2:00 pm	0 ml	300 ml	300 ml
March 9	10:00 pm	70 ml	280 ml	350 ml

Notes

References:

(Fellow J, Crestodina L. Home-prepared Saline: A Cost-Effective Alternative for Would Cleansing in Home Care J WOCN November/December 2006 p 606-609)



Have feedback about this document?

Please fill out our survey. Use this link: surveyMonkey.com/r/uhn-pe

Visit www.uhnpatienteducation.ca for more health information. Contact pfep@uhn.ca to request this brochure in a different format, such as large print or electronic formats.

© 2022 University Health Network. All rights reserved. Use this material for your information only. It does not replace advice from your doctor or other health care professional. Do not use this information for diagnosis or treatment. Ask your health care provider for advice about a specific medical condition. You may print 1 copy of this brochure for non-commercial and personal use only.