

Female Self-Catheterization

Catheterization is a way to empty all the urine from your bladder. This is also called self- intermittent catheterization. This keeps urine from sitting in your bladder. If urine sits in your bladder too long, it can cause a bladder infection, bladder stones, kidney infections, or possibly kidney damage.

Supplies

- If your catheter is not pre-lubricated, use a water-soluble lubricant such as K-Y jelly or Surgilube. DO NOT use Vaseline.
- Container to drain urine in to, if toilet is not available or can't be used.
- You will need a written prescription for the catheters and supplies in order for your insurance/Medicare to pay for them. You will need a new prescription every year (365 days).

Steps to Follow

1. Have all equipment together.
2. Urinate if you can.
3. Wash hands well with soap and water.
4. Separate the folds of the labia with your fingers. Wash the urinary opening (urethra, above the vagina) with soap and water.
5. Continue to separate the folds with your fingers. Find the urinary opening just above your vagina.
6. Lubricate the catheter if it is not pre-lubricated.
7. Use your hand that is not holding the labia to pick up the catheter.
8. Put the catheter straight into the urinary opening.
9. Push the catheter in about 2 – 3 inches until urine flows freely.
10. Allow all urine to drain from bladder.
11. Press down with your abdominal muscles to completely empty your bladder. Remove the catheter slowly. Stop pulling the catheter out when urine starts flowing. Repeat this step until the urine completely stops. Pinch the end of the catheter to keep urine from spilling on your clothes. Slowly take the catheter out.
12. Wash your hands when finished.

Cathing Instructions

Catheterize yourself _____ times per day. You should try and spread the times out throughout the day during the hours you are awake. You should always catheterize yourself before bedtime and then again on arising in the morning. It is very important to follow this routine every day.

Additional instructions: _____

(Over)

Signs and Symptoms of Urinary Infection:

Be familiar with the signs and symptoms of a urinary tract infection. These should be reported to your medical provider:

- Cloudy urine and/or foul-smelling urine
- Frequent, urgent urination
- Red or swollen urinary opening
- Burning or pain with urination
- Low abdominal pain, pain or tenderness across the lower back or flank (side) pain.
- Chills or fever. If you suspect you have a fever, please check your temperature.

If the above symptoms develop call our office at 402-489-8888

Suggestions to Prevent Infections:

- Increase your fluid intake – drink at least 2 quarts (64 oz) of liquid per day, if you are not on a fluid restriction.
- Practice good hand washing before and after catheterization. Maintain good perineal hygiene.
- Use a new catheter each time.