



LARAMIE PHYSICIANS FOR WOMEN AND CHILDREN

2710 E. HARNEY STREET, LARAMIE, WY 82072

WOMEN'S HEALTH

(307) 745-8991

PEDIATRICS

(307) 721-3118

Caring Hearts, Healing Hands

Self-Catheterization

Things You Need

- 2 wash cloths that are warm and wet
- Soap and a lubricant that is water soluble
- The catheter
- A pan to collect the urine and a dry towel

How to Perform

- Gather all equipment
- Wash hands with soap and water and clean between your legs
- Lubricate the catheter
- Use one hand to spread the lips of the vagina
- Use the other hand to hold the catheter about 1 inch from the tip
- Direct the catheter upward and push it into the opening until urine flows
- Allow the urine to flow into the pan
- Once the urine stops flowing, slowly pull the catheter out to make sure your bladder is empty
- Record the amount of urine in the pan

After Removing the Catheter

- If the catheter is reusable, wash with warm water and soap—store in a clean, dry place
- If the catheter is disposable, simply throw it away

When To Call Our Office - (307) 745-8991

- If you notice blood in the urine, or if the urine is pink or cloudy
- If the urine changes color or smell
- If you have pain near the catheter or bladder
- If you notice leaking between self-catheterizations