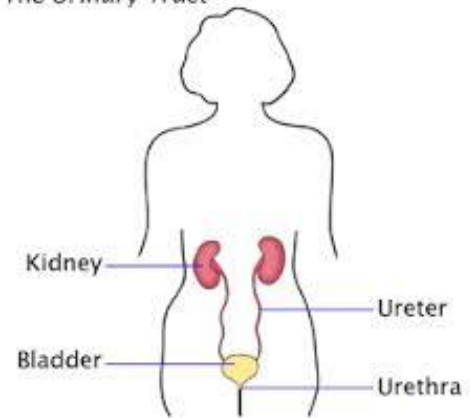


Intermittent Self Catheterization for Women

Intermittent catheterization is the placement of a temporary catheter, or tube, to remove urine from your bladder. This is usually done by placing the catheter through the urethra into the bladder.

The goal of intermittent catheterization is to prevent urinary tract infections and to completely empty your bladder. Most people are able to learn how to perform this procedure themselves

The Urinary Tract



General Safety Precautions

- Wash and dry hands thoroughly before the procedure.
- Always use a clean catheter.
- Rinse soiled catheter under cool water immediately after using it, and then wash it with soap and water.
- Keep clean and soiled catheters in separate containers.
- If your insurance company allows, it is best to use a new catheter every time. If you have a neobladder, you can reuse a catheter.

How to Perform the Procedure

Equipment You Will Need

- Three female self -catheters (2 are extra, in case you need them)
- Clean towel, washcloth, soap, and water
- Water-soluble lubricant
- Separate containers for clean and contaminated catheters
- Container to drain urine, if not using toilet, or to measure the amount of urine

Step By Step

1. Wash your hands with soap and water.
2. Lubricate the first 2 inches of the catheter tip.
3. Get into a comfortable position for the catheterization. You may stand or sit on the toilet, whichever is easier.
4. Locate your urethral opening. The opening is located below your clitoris and above your vaginal opening.
5. Clean the area, wiping once (front to back) with an antibacterial wipe.
6. Spread your vaginal lips with your 2nd and 4th finger, while using your middle finger to feel for the urethral opening.
7. Begin to gently insert the catheter into the opening, guiding it upward as if toward your belly button.
8. When the catheter is 2 to 3 inches past the opening, urine should begin to flow.
9. Once the urine flow starts, advance the catheter another 1 inch and hold it in place until the urine flow stops and the bladder is empty.
10. Withdraw the catheter in small increments to make sure the entire bladder empties.
11. Wash the catheter with soap and water right away and wash your hands.
12. Record date, time, amount, and color of urine.

When to Call the Doctor

Call your doctor if you have:

- any sign of infection (**fever of 100.4°F/38°C or higher or chills**)
- frequency or urgency of urination
- pain or a burning sensation when you urinate or in the area around your urethra or bladder
- a change in your urine (cloudiness, blood, or pus)

If you have any questions, call the Urology Center at **716-845-3159** and your call will be answered by the Roswell Park nurse triage line.

The Urology Center is open Mon-Fri, 8:00am-5:00pm