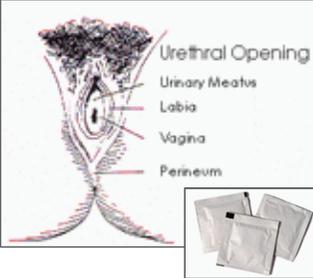
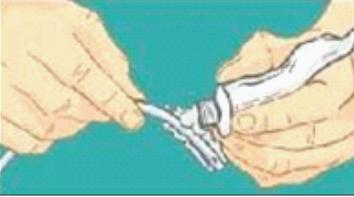
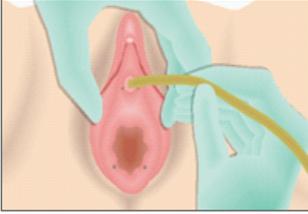


# SELF CATHETERIZATION – FEMALE

Intermittent self-catheterization (ISC) is a basic procedure that drains urine from the bladder. It can be carried out safely at home, at work, or when traveling so it will not restrict your busy life. While your clinician is your best resource on ISC, this simple instruction sheet is intended to provide additional information and support as you learn to take back control of your bladder management.

<p><b>STEP 1</b> Relax and take your time when catheterizing. Follow your physician's orders for catheterization frequency. Wash your hands with soap and water.</p>		<p><b>STEP 2</b> Wash your labia (from front-to-back) three (3) times using a fresh antiseptic towlette or baby wipe each time.</p>	
<p><b>STEP 3</b> Lubricate the tip of the catheter (<b>do not use petroleum jelly</b>). Apply a water soluble lubricant to the first two (2) inches of the catheter.</p> <ul style="list-style-type: none"> <li>(If using a hydrophilic catheter, no additional lubrication should be necessary).</li> </ul>		<p><b>STEP 4</b> While sitting on the toilet (or standing above it with one leg up), gently and slowly slide the tip of the catheter into your urethra until urine starts to flow. If needed, use a small mirror to find your urethral opening. <b>Do not force the catheter.</b> Try to relax and breathe deeply.</p>	
<p><b>STEP 5</b> Let the urine flow into the toilet or a container. Bear down 1 to 2 times to empty all of the urine from your bladder.</p>		<p><b>STEP 6</b> When the urine stops flowing, remove the catheter with a <b>slow, twisting motion</b> to allow further release of urine by repositioning the catheter eyelets.</p> <ul style="list-style-type: none"> <li>If urine starts to flow again, pause removal.</li> </ul>	
<p><b>STEP 7</b> Once urine stops flowing, pinch the end of the catheter closed (to avoid getting wet) and fully remove catheter.</p>		<p><b>STEP 8</b> Throw the used catheter away using the trash receptacle. Do not wash and reuse your catheter. Studies show that this can lead to infections. Always close the toilet lid before flushing to avoid spread of germs.</p>	
<p><b>STEP 9</b> Wipe around your urinary opening and labia again with a fresh towlette (from front-to-back).</p>		<p><b>STEP 10</b> Wash your hands with soap and water.</p>	

## When to call your doctor:

- You are having trouble inserting your catheter
- You are leaking urine
- You have signs of infections (a burning sensation when you urinate, fever or chills)
- You have pain in your vagina or bladder
- You notice a foul odor with your urine
- You have a skin rash or sores
- If you notice blood in your urine
- Grit-like particles or mucus in your urine
- Leakage or voiding between catheterization

All questions should be directed to a licensed health care provider



Patients First and Foremost...Always!