

Self Catheterization for the Female Patient

How To Catheterize Yourself Using Clean Technique

1. Gather the necessary equipment:
 - a. Towelettes or a soapy washcloth and a wet washcloth for rinsing.
 - b. Towel.
 - c. Container to collect the urine (if not on a toilet).
 - d. Water soluble lubricant (Surgi-Lube, Lubifax).
 - e. Catheter size:
2. Wash your hands prior to beginning.
3. Assume a comfortable position on the bed or toilet. If you are in bed, place a towel under your hips to protect the bedding.
4. Wash the urinary meatus (opening which the urine comes from) with a towelette or soapy washcloth. Then rinse with a wet washcloth.
5. Apply water soluble lubricant to the insertion end of the catheter. Lubricate about 1" of the tubing.
6. Use your nondominant hand to separate the labia.
7. Hold the catheter in your dominant hand and insert it into the urinary meatus, directing it upward and toward the umbilicus (belly button) until the urine flows freely.
8. Hold the catheter in place until the bladder has been drained. When the urine flow begins to slow down, slowly withdraw the catheter.
9. Remove the catheter. Wash the catheter in warm, soapy water and rinse it with a large amount of water. Then air dry the catheter and store in a clean cloth towel until needed again. Discard the catheter after 5 - 7 days. However, if it becomes hard to clean before that time, discard it and use a new one.
10. Look at the urine for changes:
 - a. Change in the color or if the urine appears cloudy.
 - b. Odor to the urine.
 - c. Blood in the urine or bleeding.
 - d. Sediment in the urine.
 - e. Back or abdominal discomfort accompanied by fever.
 - f. Trouble passing the catheter.
 - g. Increased discomfort when passing the catheter.