STEP BY STEP GUIDE TO ASEPTIC INTERMITTENT SELF CATHETERISATION

MALE ANATOMY

1. Without opening the sterile package squeeze the pouch with the saline solution gently until the liquid reaches the catheter. Sway the packaging to make sure that the liquid covers the whole catheter.

2. Tear the package open by a length of approx. 10 cm. While waiting for 30 seconds for the catheter’s hydrophilic coating to be activated, you may hang up the catheter package in preparation for the next step.

3. Before you start each catheterisation, always disinfect and/or wash your hands thoroughly with water and soap according to the already mentioned hygienic hand washing instructions.

4. Choose a position that is comfortable and most suitable according to your condition and location. Also disinfect and/or wash the genital area with water and soap before each catheterisation.

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7. Gently move back the foreskin, if you are uncircumcised. Hold your penis with your non-dominant hand, the hand you will not be using to hold the catheter, straight out in an upward direction. Do not squeeze the penis as this can block the opening of the urethra and make it difficult to pass the catheter.

8. Choose a position that is comfortable and most suitable according to your condition and location. Choose a position that is comfortable and most suitable according to your condition and location. Also disinfect and/or wash the genital area with water and soap before each catheterisation.

9. Gently pull your foreskin back, if you have one. Hold your penis, slightly stretched, in an upward direction. Do not squeeze the penis as this can block the opening of the urethra and make it difficult to pass the catheter.

10. Gently move back the foreskin, if you are uncircumcised. Hold your penis with your non-dominant hand, the hand you will not be using to hold the catheter, straight out in an upward direction. Do not squeeze the penis as this can block the opening of the urethra and make it difficult to pass the catheter.

11. Empty your bladder completely each time to avoid urinary tract infections. Once the urine flow stops remove the catheter slowly stepwise and stop if the urine starts to flow again.

12. As soon as the bladder is completely emptied (i.e. urine stops flowing), remove the catheter by withdrawing it slowly and gently. If you have a foreskin, always make sure it is put back over the glans.

13. If you are uncircumcised, ensure you replace the foreskin over the glans and wash the end of your penis.

14. Complete the procedure by washing your hands again.

INTERMITTENT CATHETERS WITH HYDROPHILIC COATING

LIQUICK BASE

Comfort and safety at its best

Before each catheterisation always disinfect and / or wash the genital area with water and soap.

8. Gently pull your foreskin back, if you have one. Hold your penis, slightly stretched, in an upward direction. Do not squeeze the penis as this can block the opening of the urethra and make it difficult to pass the catheter.

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When the catheter reaches the bladder, ensure that the funnel is directed into a toilet or suitable container.

Urine will start to flow when the catheter reaches the bladder. Ensure that the funnel is directed into a toilet or suitable container.

Empty your bladder completely each time to avoid urinary tract infections. Once the urine flow has stopped or is slowing down, remove the catheter slightly and stop if the urine starts to flow again.

As soon as the urine stops flowing, slowly and gently withdraw the catheter from the urethra by using the blue sleeve. It may be helpful to kink the catheter above the funnel to avoid suction.

If you are uncircumcised, ensure you replace the foreskin over the glans and wash the end of your penis.

Place the used catheter back into the packaging. Discard the catheter system. Your healthcare professional will tell you the best method for disposing of the catheter. Do not flush it down the toilet.

Complete the procedure by washing your hands again.