

Intermittent Self-Catheterization

You have been taught the intermittent self-catheterization procedure. To help you remember what you have learned, the following outlines the procedures you are to follow. Try to follow these instructions as close as possible in order for the program to be most successful for you.

Regulation of Fluid Intake

1. You must watch your fluid intake at all times.
2. If your intake is regular and evenly distributed throughout the day, you should be able to catheterize on a regular schedule.
3. Limit your fluids after 7:00p.m. so you will not have to catheterize during the night.

Catheterization Schedule

1. Remember to attempt to urinate before catheterizing yourself.

Catheterize yourself according to your assigned schedule.

2. It is important that you measure the residual urine (amount left in your bladder), but

DO NOT SKIP A CATHETERIZATION IF YOU ARE UNABLE TO MEASURE .

3. You may omit a catheterization time notice a pattern developing such as: small residuals of less than 100cc of urine occurring at the same time of day for 2 or 3 days in a row.
4. Consult your Doctor about discontinuing self-catheterization if you are voiding well and residuals are less than 100cc (approximately 3 oz).



NORTHSIDE HOSPITAL

Self-Care

1. When you return home, you will not have to use sterile technique to catheterize yourself. Take the few simple precautions outlined here.

What is the most important point about a home self-catheterization program?

To strictly follow your catheterization schedule. Otherwise, you will retain urine, which can lead to an infection, a stretched bladder, or urine leakage. Never postpone catheterization, for any reason: for example, not having soap and water.

Cleanliness is very important, but on the rare occasion when you can not wash, your bladder's natural resistance to bacteria will protect you.

To catheterize yourself, use clean technique. You will need a rubber catheter, personal cleansing wipes, a small package of water-soluble lubricant, and a plastic bag for used catheters. Also, obtain a container for measuring urine. Make sure you have good lighting.

Before catheterizing yourself, try to urinate. Remember to wash your hands.

2. Lubricate the first 3 inches of the catheter.
3. Hold the catheter as if it were a pencil or a dart, about ½ inch from its tip. Keeping the vaginal folds separated, slowly insert the lubricated catheter about 3 inches into your urethra. Allow all urine to drain through the catheter. When the urine stops draining, remove the catheter slowly. Dress yourself, and wash the catheter in warm, soapy water. Then, rinse the catheter inside and out, and dry it with a clean towel. Place it in the plastic storage bag for used catheters.

Buy a new supply of catheters each month when the catheters become brittle. Use each catheter only once. When you have used all but the last catheter, boil the catheters for 30 seconds in a pan of water.

Drain away the water and store the catheters in a clean zip-lock bag. Each time you use a catheter, be sure to put it in the plastic storage bag for used catheters, not back with the clean catheters.

The doctor may want you to keep a daily record of the amount of urine you excrete. Each time you catheterize yourself, write down the information the doctor wants on this form. Please take this form with you for your next appointment.

For more information, call the Northside Hospital Urodiagnostic Center (404) 459-1860.

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