

SELF CATHETERIZATION

Supplies needed

- Catheter
 - KY Jelly
 - Collection device or toilet
 - Wash cloth, antibacterial soap, or disposable wipes
1. Wash hands, catheter, and urethra opening before and after using catheter.
 2. Lubricate catheter with KY jelly.
 3. Insert catheter into urethra; place other end in collection device or over the toilet.
 - Slowly insert catheter into urethra until urine flow begins, then insert catheter one inch further.
 - Let bladder empty completely, until urine flow stops.
 - Withdraw catheter slowly, watching for additional drainage.
 4. Wash catheter and pat dry. Let catheter air dry and then store catheter in a zip lock bag. Change the bag daily.
 5. The catheter must be changed weekly. A prescription should have been provided for you. Below are a few medical supply stores that carry these types of catheters.

EVERYTHING MEDICAL
1811 W. Charleston Blvd.
Charleston/Shadow Lane

HOPE MEDICAL SUPPLY
4015 W. Charleston Blvd.
Valley View/Charleston

MEDICAL and MOBILITY
7260 West Lake Mead Blvd.
Tenaya Way/Lake Mead