

## Self Catheterisation for Men (Intermittent Catheter)

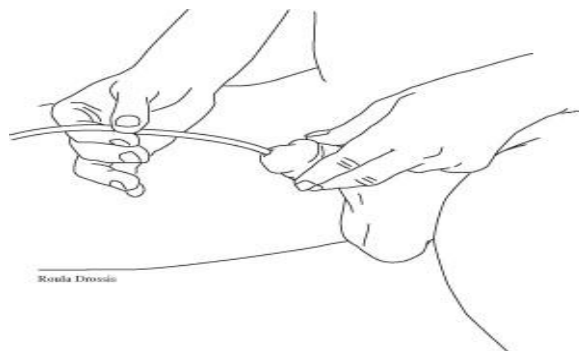
If you have a condition where you can't empty your bladder completely intermittent catheterisation may be needed.

### What equipment do I need?

- Catheter
- Moist towelettes
- Antimicrobial hand gel
- Water based lubricant
- Container to collect urine (if needed)

### How to insert your catheter

1. Wash your hands thoroughly with soap and water and place equipment on a clean accessible area
2. Open catheter and apply lubricant to the tip
3. Remove your clothes from the lower portion of your body or move your clothing out of the way
4. Position yourself either sitting on the toilet or standing
5. Hold your penis up with one hand, pull back the foreskin and clean the head of the penis with moist towelettes
6. Clean your hands with antimicrobial gel
7. Hold your penis upright at a 45/ 90° angle from abdomen, grasp the catheter about 7 cm from the tip and gently insert the catheter into the urethra until urine starts to flow. Insert the catheter a little further and allow urine to drain down into the toilet or container



8. When the urine stops, slowly pull out the catheter. Stop each time more urine starts to flow until the catheter is completely out
9. Dispose of catheter into the household waste (if single use), or clean the catheter as per manufacturer's recommendations, then wash your hands thoroughly with soap and water.

## **Potential problems and complications:**

### **No flow**

Lubricant may block the catheter tip temporarily - wait while lubricant melts and allows urine to flow.

### **Difficulty inserting or removing the catheter**

Relax and breathe deeply, coughing sometimes helps. Never use force.

## **Contact your GP if you experience any of the following symptoms:**

- Blood or sediment in your urine
- Back or abdominal discomfort
- Fever—a temperature of 38°C or above
- Painful urination

## **How do I get additional equipment?**

The community nurse will advise you on the catheter equipment you need and where to purchase it. **Always ensure you have a supply of extra catheters on hand.**

You may be eligible for an equipment subsidy scheme to assist with the supply of your equipment. Please check with your community nurse.

**Equipment description:** .....

**Source of supply:** .....

### **Contacts:**

Your GP

National Continence Helpline – 1800 33 00 66 8am-8pm Monday to Friday ACT Health  
Community Health Intake – (02) 6207 9977 between 8am-5pm Monday to Friday, 8am-3.30pm  
Wednesdays (excluding public holidays)

### **Accessibility**

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