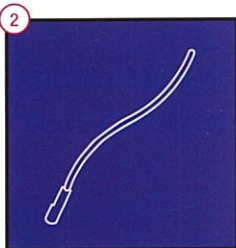


How to Self-Catheterise (Male)

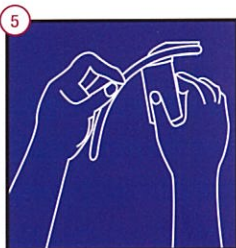


1. Wash hands with soap and water.



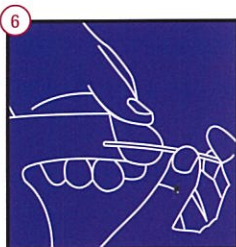
2. Prepare equipment.

3. Stand, sit on the toilet, or lie down, whichever is easier or more comfortable for you, or how you have been instructed.



4. Hold penis up with one hand and cleanse the tip with soap and water. Move back the foreskin of your penis if you are uncircumcised.

5. If needed, lubricate the first 5-8cms of the catheter end that will be going into the penis.



6. Holding the penis upward, gently insert the catheter. Just before the catheter goes into the bladder, you may notice some resistance. This is normal. Use gentle but firm pressure until the catheter passes this point.



7. After urine starts to flow, gently push the catheter in about 4cm. Allow the bladder to empty completely.

8. Remove the catheter slowly. Stop each time more urine drains.

9. To completely remove the catheter, pinch off the end and pull it out. This will prevent urine from flowing back into the bladder.

10. Put the foreskin back into place if uncircumcised. Wash your hands.

Your Urologist **may** refer you to their urology nurse or local continence nurse to teach you Clean Intermittant Self Catheterisations (CISC).

In Australia there is funding available to assist with the cost of using catheters if CISC is likely to be ongoing (i.e. permanent). Ask your urology nurse or continence nurse for advice.

To purchase CISC catheters please contact your local supplier.

To find out where your local continence service or CISC catheter supplier is located contact the National Continence Helpline on 1800 33 00 66.