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A Reference Guide to Self-Catheterization  
**Intermittent Catheters**



**Byram Healthcare is a partner of choice for convenient home delivery of urological supplies.**

We have been serving people for over 50 years by providing high quality products, exceptional customer service and support. We provide **Convenience, Affordability and Choice™** to make a positive difference in the lives of the people we serve.

This resource guide will provide you with helpful information on how to prevent urinary tract infections (UTI's), instructions on how to catheterize, place an order, and much more.

Our goal is to make ordering your urological supplies simple and convenient. We want you to focus on what is important – living a full and active life!



### Follow these instructions to self-catheterize with confidence:

#### Male Instructions

1. Wash your hands thoroughly with soap and water.
2. Set out all necessary supplies – these can include the catheter, water, soap and/or a sterile wipe.
3. Position yourself in front of the toilet or in front of a collection container.
4. Gently clean the head of the penis and the penis tip (use mild soap and water or a disinfectant wipe). Use a circular motion, starting at the urethra going outwards.
5. Open your catheter and prepare it according to the instructions for use supplied by the manufacturer.
6. Gently insert the catheter into the urethra until urine starts to flow.
7. Once the urine stops running, begin to withdraw the catheter slowly while slightly rotating it. If you are using a curved tip catheter (coudé), do not rotate.
8. Stop briefly each time more urine drains out. Move a little and straighten yourself up to make sure the bladder is completely empty. Discard the catheter after using it and wash your hands once more.

#### Female Instructions

1. Wash your hands thoroughly with soap and water.
2. Set out all necessary supplies – these can include the catheter, water, soap, mirror and/or a sterile wipe.
3. Position yourself comfortably. Find a position that is comfortable for you. Most women spread their legs or put one leg up on the toilet for self-catheterization. Other women have found that lying on their back with legs spread and bent is a comfortably way to self-catheterize.
4. With one hand, separate the labia and wash from front to back with soap and water or a moist towelette.
5. If using an uncoated (not lubricated) catheter, use water soluble lubricant and lubricate it from the tip and first 2 inches of the catheter.
6. Slowly and gently insert the catheter into the urethra until the urine begins to flow (approximately 1-1½”). Then insert the catheter about 1” further and hold it there until urine stops flowing.
7. When urine stops, slowly begin to withdraw the catheter. It is recommended that you slightly rotate the catheter as you withdraw and stop each time more urine drains out.
8. Stop briefly each time more urine drains out. Move a little and straighten yourself up to make sure the bladder is completely empty.
9. Discard the catheter after using it and wash your hands once more.

### Proper Hand Hygiene to Prevent Urinary Tract Infections

Personal hand hygiene is important to prevent Urinary Tract Infections (UTI's). A Urinary Tract Infection occurs when there is an infection in any part of your urinary system. As an intermittent catheter user' you have a greater risk to acquire a UTI.

#### Some of the most common symptoms of UTI's include:

- Burning, pain or itching during or in-between urination
- Urinary urgency
- Fever or chills
- Confusion
- Weakness
- Cloudy-looking urine
- Pain or pressure in your back or lower abdominal
- Increased frequency of urination, even if your bladder is empty

If you experience any of these symptoms, consult your doctor immediately so you can be treated before your symptoms worsen.

#### Best Practices to Prevent UTI's Include:

- Stay hydrated
- Eat cranberries
- Avoid bladder irritants
- Always wipe from front to back
- Use the bathroom before and after sex
- Don't hold your urine
- Avoid products that are scented
- Rethink your birth control
- Take a probiotic

#### Common Causes of UTI's

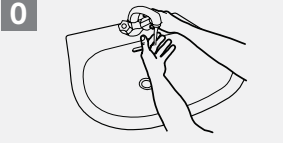
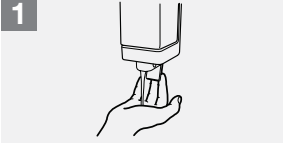

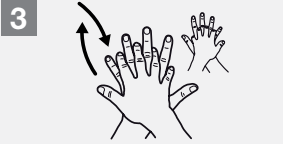
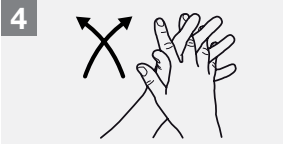



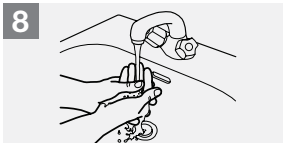

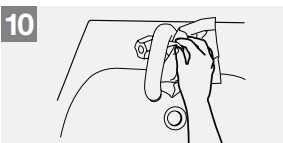
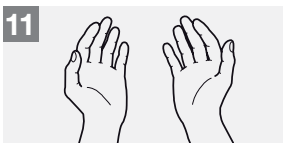


SCAN ME

## How to Properly Wash Your Hands

Hand cleanliness is important when you self-catheterize to limit the risk of cross contamination and running the risk of getting a Urinary Tract Infection. Duration of the entire procedure should take between 40 to 60 seconds.

### The World Health Organization (WHO) proper hand hygiene procedure:

 <p><b>0</b></p>	 <p><b>1</b></p>	 <p><b>2</b></p>
<p>Wet hands with water;</p>	<p>Apply enough soap to cover all hand surfaces;</p>	<p>Rub hands palm to palm;</p>
 <p><b>3</b></p>	 <p><b>4</b></p>	 <p><b>5</b></p>
<p>Right palm over left dorsum with interlaced fingers and vice versa;</p>	<p>Palm to palm with fingers interlaced;</p>	<p>Backs of fingers to opposing palms with fingers interlocked;</p>
 <p><b>6</b></p>	 <p><b>7</b></p>	 <p><b>8</b></p>
<p>Rotational rubbing of left thumb clasped in right palm and vice versa;</p>	<p>Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;</p>	<p>Rinse hands with water;</p>
 <p><b>9</b></p>	 <p><b>10</b></p>	 <p><b>11</b></p>
<p>Dry hands thoroughly with a single use towel;</p>	<p>Use towel to turn off faucet;</p>	<p>Your hands are now safe.</p>

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Our Clinical CareLines are designed to support the needs of our customers, providing a great resource for anyone with clinical questions or concerns that come up between regular visits to their physician.

Byram customers are able to call with questions and expect a response within 24 hours.

For emergencies, please contact your physician or call 911.

**WOC Nurse:**  
**1-877-902-9726 ext. 43312**



## Important Safety Information

This instruction guide is not a substitute for medical advice from your healthcare provider. Users performing intermittent catheterization should follow the advice of their health care professional. Before using the device, carefully read the product labels and information accompanying the device including the instructions for use which contain additional safety information.

## When to Call the Doctor

- You are having trouble inserting or cleaning your catheter
- You are leaking urine between catheterization.
- You have a skin rash or sores.
- Blood in urine
- Fever greater than 100.4 F
- Painful catheterization

For clinical questions contact our Clinical CareLine: **1-877-902-9726 Ext. 43312** or for more information, including valuable educational tools and our on-line product catalog, visit **[byramhealthcare.com](http://byramhealthcare.com)**

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