

**UROLOCARE HOSPITALS**

(Pty) Ltd. Reg. No/nr. 2001/005764/07

## SELF CATHETERISATION - MALE

### Home education

1. You can buy catheters at The Urology Hospital pharmacy
2. Use KY Jelly or Cathjel/Remicaine Jelly
3. Do NOT use Vaseline (petroleum jelly)
4. Ask your doctor how often you should empty your bladder with your catheter, usually it is 3 to 6 times a day after passing urine in the toilet
5. Always try to empty your bladder first thing in the morning and when you go to bed at night
6. You can empty your bladder while sitting on a toilet.

### Using your catheter

1. Wash your hands well with soap and water
2. You may use disposable gloves, if you prefer not to use your bare hands. The gloves do not need to be sterile, just clean
3. Gently pull the penis foreskin backwards and find the urinary opening get your container ready or sit on the toilet
4. Apply the KY Jelly or other gel to the tip of the penis where the urinary opening is and to the catheter tip. Gently slide the catheter up into your urethra until

*Read more overleaf...*

- urine starts to flow. Do not force the catheter. Start over if it is not going in well. Try to relax and breathe deeply
5. Let the urine flow into the toilet or container. Bear down 1 or 2 times to empty all the urine from your bladder
  6. When urine stops flowing, slowly remove the catheter. Pinch the end closed to avoid getting wet
  7. Wipe around your urinary opening with toilet paper, baby wipe or cotton ball
  8. If you are using a container to collect urine, empty it into the toilet. Always close the toilet lid before flushing to prevent germs from spreading
  9. Wash your hands with soap and water.

### **Cleaning your catheter**

Clean your catheter daily. Always make sure you are in a clean bathroom. Do NOT let the catheter touch any of the bathroom surfaces (such as the toilet, wall and floor)

1. Wash your hands well
2. Mix the cleaning solution: 12,5ml Milton in 1litre water (boiled and cooled down)
3. The catheter can be in the holder with the solution for up to 24 hours. Replace the fluid in the holder after 24 hours
4. The remaining solution can be stored in a fridge for up to 7 days. Thereafter, mix a new solution
5. Rinse it again with cold water
6. Hang the catheter over a towel to dry
7. When it is dry, store the catheter in its container.

Throw the catheter away when it becomes dry and brittle.

### **When to Call the Doctor**

*Call your doctor or the Urology Hospital (after hours) if:*

1. You are having trouble inserting your catheter
2. You are leaking urine
3. You have a skin rash or sores
4. You notice a smell
5. You have pain over your bladder area
6. You have signs of infection (a burning sensation when you urinate, fever or chills).



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Cnr Grosvenor & Pretorius St, Hatfield  
Pretoria, 0083, South Africa  
P.O Box 13271, Hatfield, 0028  
Tel: (012) 423 4000 Fax: (012) 342 1233  
Email: [urology@urology.co.za](mailto:urology@urology.co.za)

**[www.urology.co.za](http://www.urology.co.za)**