

## **Intermittent Self-Catheterization - Male**

### **Getting Ready to Learn About Self-Catheterization**

Learning something new can be hard. It is even harder if you are not feeling well. The purpose of this education plan is for you and the staff to review this information together. Here are some good things to tell the staff:

- Who you want to learn with you. We would like to have someone who will be helping you at home learn with you. However, because of the privacy of this procedure, if you don't want someone to learn that is OK.
- The best way for you to learn. Do you learn best by reading a book or pamphlet, or by doing things yourself?
- If you are not feeling well, if you are in pain or you cannot focus on learning right now.

This information is important to your health. We may explain something more than once. We may be giving you information in small bits over several days.

### **What I Need to Learn About Self-Catheterization**

By the time I leave the hospital I will be able to:

1. Insert a tube (catheter)
2. Tell the staff how often I should insert the tube
3. Tell the staff the care of a tube (catheter)
4. Tell the staff signs and symptoms of a urinary tract infection and how I would know if I have a urinary tract infection
5. Tell the staff when to stop catheterizing- if appropriate
6. Tell the staff what to do in an emergency

**The staff will use three questions to teach me about Self-Catheterization:**

1. What is my main problem?
2. What do I need to do?
3. Why is this important to me?

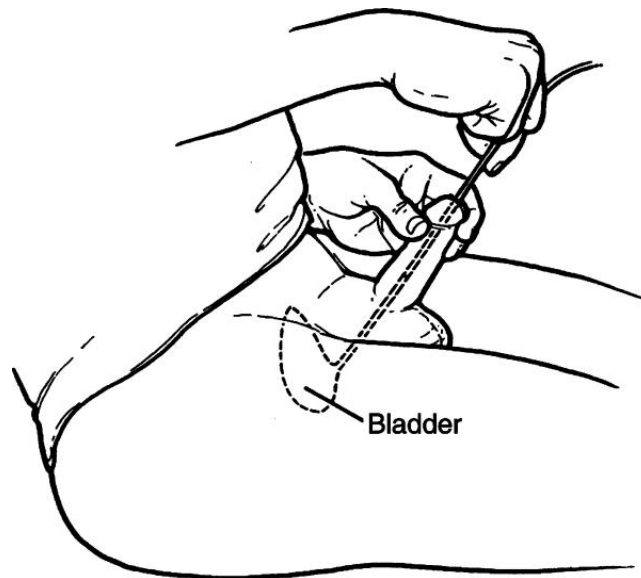
The staff will ask me to repeat back important points in my own words, or ask me to show what I have learned. They want to make sure that I know about my disease and how to take care of myself.

**What is my main problem?**

I am not able to urinate or I cannot completely empty my bladder.  
Having urine remain in my bladder may cause an infection.

**What do I need to do?**

1. I need a way to get urine out of my bladder by learning self-catheterization (By inserting a tube into my bladder).
  - Gather supplies - #14 latex free 16 inch tube (catheter), water based gel (KY-Gel®, Surgilube®), cup to collect urine
  - Wash my hands thoroughly with soap and water or wet ones, then clean opening of urethra (opening at tip of the penis). May use a wet one or wet washcloth.
  - I may sit or stand while inserting the tube.
  - Rub water based gel (KY-Gel®, Surgilube®) up 1 inch of the tip of the tube.
  - Hold the penis on the sides, straight out from my body.



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- Begin to gently insert tube.

- ❑ I may have a problem pushing the tube in further when I reach my prostate. Try to relax by deep breathing, and continue to gently push in the tube (catheter).
  - ❑ Once the urine starts to flow, continue to push the tube (catheter) another 1 inch. Hold it in place until the urine flow stops and the bladder empties. Slowly remove the tube.
- 2. Tell the staff how often I should insert the tube.
  - ❑ Insert the tube when I am unable to pass urine.
  - ❑ Insert tube every 3-4 hours
  - ❑ If I am able to pass urine but still feel like there is urine in my bladder
  - ❑ As directed by your doctor
- 3. Tell the staff how to care for a tube (catheter).
  - ❑ Wash the tube with soap and water. Rinse well. Dry with a paper towel or clean cloth towel. Store by wrapping in paper towel or put in a paper bag. **Do not** store the tube in a plastic bag. Air needs to be able to surround the tube.
  - ❑ Measure urine amount if doctor has requested. If I have over 10 ounces, I may need to do self-cath more often. Check with my doctor.
  - ❑ Record the amount of urine on the Record of Urinary Output sheet.
  - ❑ I may reuse the tube (catheter) for 2-4 weeks.
- 4. Tell the staff signs and symptoms of a urinary tract infection and how I would know if I have a urinary tract infection.
  - ❑ Fever
  - ❑ Blood in urine (it is normal to have a small amount of blood on tip of the tube)
  - ❑ Back pain
  - ❑ Burning when emptying bladder
  - ❑ Urgency to go to the bathroom
- 5. Tell the staff when to stop catheterizing - if appropriate.
  - ❑ After I have emptied my bladder and inserted the tube one more time, if I get less than 3 ounces of urine when I do a self-cath, I may be able to stop catheterizing myself.
  - ❑ To make sure it is okay to stop, I need to insert the tube one more time the next time I pass urine to make sure I am emptying my bladder. If I have no pressure and feel I am emptying my bladder, I may wait until the next day to do this again. The next morning insert the tube as soon as I have passed

urine the first time in the morning. If I still get less than 3 ounces I can stop catheterizing myself.

- If I am passing urine often in small amounts there is no need to put the tube in my bladder more than once every 3-4 hours unless I am uncomfortable.
6. Tell the staff what to do in an emergency.
- If I am unable to insert the tube into my bladder myself, call my doctor.
  - If I cannot reach my doctor, go to the local emergency room or urgent care center.

**Why is this important to me?**

If my bladder is not emptied I may get a bladder or kidney infection. Or I may need to keep my bladder empty to help the healing process after surgery.

As part of my care and to help me understand Self-catheterization, I may receive:

- This Self-Catheterization Education Plan
- Chart for recording output

