



Self-Catheterization for Women

Self-catheterization helps you empty your bladder if it doesn't empty by itself. It also helps if your bladder doesn't empty all the way. Follow the steps below.

This is what you'll need:

- ✓ Soap and warm water, or a moist towelette
- ✓ Water-soluble lubricating jelly (**not** petroleum jelly)
- ✓ Clean catheter
- ✓ Mirror
- ✓ Toilet or basin

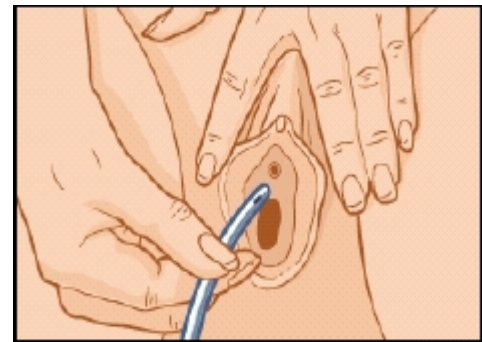
1 Lubricate the Catheter

- First wash your hands and your genitals. Use warm soapy water or a moist towelette. **Always** wash from front to back.
- Lubricate 2-4 inches of the catheter tip. Place the other end in the toilet or basin.



2 Insert the Catheter

- Spread the labia. Find the urethra with a mirror, or with your index finger.
- Slowly insert the catheter into your urethra. If it doesn't go in, take a deep breath and bear down as if to trying to urinate.



3 Empty Urine

- When the urine starts flowing, stop inserting.
- When the urine stops flowing, slowly remove the catheter.



4 Wash the Catheter

- Wash the catheter in mild soap and water.
- Rinse it well. Run water through it. Then let it air-dry.
- Wash your hands. If you use a basin, wash it out.