



SELF-CATHETERISATION IN MEN

Frequently-Asked Questions

What is self-catheterisation?

Self-catheterisation means that you insert a small, flexible plastic tube into the bladder. The urine flows out through this tube which is then removed and washed. By emptying the bladder regularly in this way, you will prevent a build-up of stagnant urine and should feel more comfortable. You will also be keeping the kidneys and bladder healthy by preventing urinary infections. Some people find that they have less difficulty preventing themselves becoming wet using this technique.

What equipment do I need?

- A catheter – supplied at first by the outpatient clinic and then available to order on prescription from your GP
- A tube of lubricant jelly (KY jelly available from the chemist or Xylocaine gel from your GP on prescription) if the catheter itself proves difficult to insert
- Baby wipes
- A bottle, dish or plastic box to catch the urine

How do I do it?

- Sit on a towel with a plastic sheet just underneath; some men prefer to perform self-catheterisation sitting on or even standing in front of the toilet
- Remove your pants and tuck other clothing out of the way
- Wash your hands thoroughly
- Squeeze two blobs of lubricant jelly on to two tissues and discard the first one
- Roll back the foreskin and wash the end of the penis using baby wipes
- Hold the catheter 2 inches from its tip and lubricate the tip and the first 3-4 inches with the second blob of jelly. Use plenty of jelly so the catheter is really slippery.
- Hold the penis straight out from the body and, without touching the catheter on anything else, slowly and gently insert it until urine flows
- If the catheter seems to stick just before it enters the bladder, wait a few seconds to allow the sphincter (valve) muscle to relax and then push it gently in a little further
- Withdraw the catheter slowly
- Rinse the catheter under running water, dry on a clean tissue and store in a clean plastic bag open to the air if possible



Personal information

Use the catheter times a day

Use a new plastic bag every day

Discard the catheter and use a new catheter for each catheterisation (catheters are single-use and are not re-usable)

Catheter information

Catheter recommended..... (male)

SizeFG

Are there any other important points?

This publication provides input from specialists, the British Association of Urological Surgeons, the Department of Health and evidence-based sources as a supplement to any advice you may already have been given by your GP. Alternative treatments can be discussed in more detail with your urologist or Specialist Nurse.

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