

### Clean Intermittent Catheterization Instructions

1. Assemble equipment together and place in an accessible area.

Equipment needed:

Catheter	Water soluble lubricant
Moist towelette or soap and water	Dry hand towel

2. Inspect the catheter before use. Do not use product if there is damage to the catheter.
3. Wash hands thoroughly with soap and water, and dry.
4. Position yourself comfortably with thighs spread apart. For many women, they prefer to either sit directly on the toilet or on a chair across from the toilet.
5. With one hand, separate the labia and wash from **front to back** with either a moist towelette or soap and water.
6. Lubricate the catheter tip that will be inserted into the urethra.
7. Slowly and gently insert the catheter into the urethra until urine begins to flow. Keep the catheter in place until urine stops flowing.
8. When urine flow stops, begin to remove the catheter until the entire catheter is removed.
9. Check the color, odor and clarity of the urine and be aware of any changes that may need to be reported to your doctor or nurse.