

10707 WEST 87TH ST. | OVERLAND PARK, KS 66214 | P 913.262.3000 | F 913.262.3002

Clean Intermittent Catheterization Instructions

1.	ssemble 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 ureth place until urine stops flowing.	ara until urine begins to flow. Keep the catheter in
8.	When urine flow stops, begin to remove the cathet	er 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.