



The British Association of Urological Surgeons

Self-catheterisation in men

Information about putting a catheter in yourself

You have this leaflet because you are doing self-catheterisation or are about to start. We also call this clean intermittent self-catheterisation. The aim of this leaflet is to give you information about what this involves. Expert doctors in the UK have written it. Please also remember the advice your own doctor or nurse has already given you.

Key points

- You might need to use a catheter if your bladder does not empty properly.
- For most people, it is a better option than a catheter that stays in all the time. We call this a permanent catheter.
- Most people find the steps easy to learn and do.
- If you do have problems, your district nurse or GP can usually sort out the issues for you.

What is self-catheterisation?

Using a catheter means you put a soft, bendy tube into your bladder. This tube is called a catheter. It goes in through the small opening where pee comes out. You can get someone to help you if you can't manage alone.

Your pee flows out through the tube until your bladder is empty. Then you take the tube out and throw it away. You use a new tube each time you need to empty your bladder.

This is helpful when your bladder cannot empty by itself. It is different from a tube that stays in all the time. These tubes drain pee without you doing anything.

Emptying your bladder fully can help stop pee infections and protect your kidneys. It may also feel more comfortable than having a tube in all the time. Some people find it helps stop leaks when the bladder gets too full.

What do I need?

These are the basic things you need.

- **The catheters**
At first, these will be supplied from the clinic. You can order them on repeat script from your GP or independent catheter service.

- **Baby wipes**

Use these to keep yourself clean.

- **Lubricating jelly**

Most tubes come covered in jelly. If you find it hard to put the tube in, you can use extra jelly. You can get this from your chemist or doctor.

- **A toilet or a bottle to catch the pee**

You need somewhere for the pee to go. Some tubes come with a bag already attached.

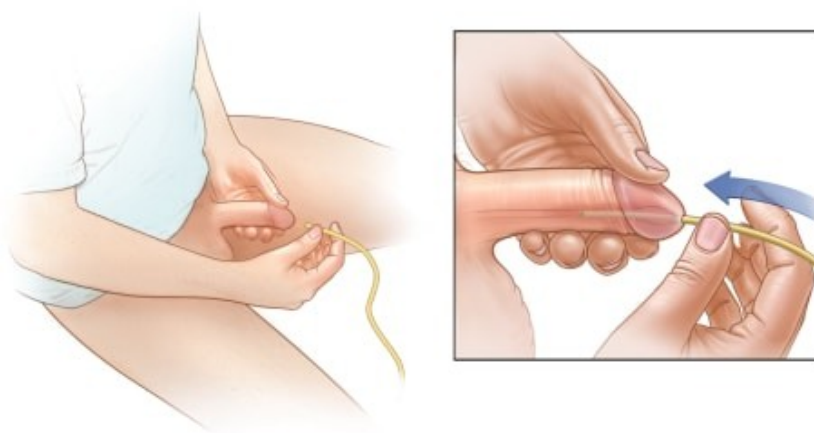
How do I use the catheter?

Your nurse will show you how to do this step by step. Then they will watch while you try it yourself.

Here is the way it is usually taught:

- Wash your hands with soap and water. You may use hand gel.
- Find a comfortable position. You can sit on the toilet or lie on the bed. You may want to put a towel or waterproof sheet under you.
- Take off your underwear and move your clothes out of the way.
- Gently pull back the skin at the end of the penis. Clean this area with plain soap and water or baby wipes.
- Get the catheter ready. Follow the instructions for your type of catheter.
- If you need extra jelly, put a small blob on the first 5 centimetres of the tube. That is about the first 2 inches.
- Hold the catheter with the grip if it has one. Some catheters have a sleeve to hold it by.
- Gently slide it into the small opening at the end of your penis. This is where pee comes out.
- Hold your penis straight out from your body. Try not to let the tube touch anything else.
- Keep sliding it in until pee starts to flow.
- If the tube seems to stop just before it reaches the bladder, wait a few seconds. This gives the muscle time to relax. Then gently push again.
- You might find that coughing or trying to pee helps the tube go in.
- When the pee has stopped, slowly pull the tube out. Turn it gently as you take it out. This helps the last bit of pee to come out.
- Throw away the tube and the container of pee.
- Wash your hands again.

Most tubes are used once and then thrown away. Put it in a disposal bag with your household rubbish or in a sanitary bin. Do not flush it down the toilet.



What if I have problems?

- If you find it hard, take a break. Try again when you feel calm.

- If you cannot do it yourself, speak to your nurse. You might need a tube that stays in.
- If you cannot take the tube out, wait a few moments and try again. Coughing while you pull it out can help.
- Speak to your doctor if:
 - you feel pain in your lower tummy
 - you feel poorly
 - you have hot and cold spells

These can be signs of a pee infection.

Important

We have worked hard to make this leaflet clear and correct. But it cannot replace advice from your own doctor or nurse. Always ask them if you are worried or unsure.

What should I do with this leaflet?

You can keep this leaflet. If you have more questions, ask your doctor or nurse. They can explain more.

Online access

You can see this leaflet on the internet.

Scan the special picture (QR code).



<https://rb.gy/0tl5vx>

Feedback

We'd love to know what you think! You can share your thoughts by emailing us at admin@baus.org.uk
