



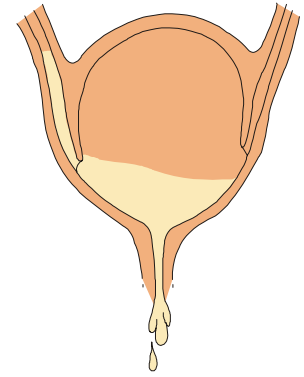
## PATIENT INFORMATION

# How To Do Self Intermittent Catheterization (I.C.) For Male (clean method)



### WHY IS IT IMPORTANT?

Intermittent Catheterization (I.C.) drains the urine from your bladder using a small tube. Regular I.C. keeps your bladder empty. Most important, it prevents kidney problems, infection, bladder stones, and dribbling of urine. In order to keep your bladder healthy, you should drink \_\_\_\_\_ liquid every day.

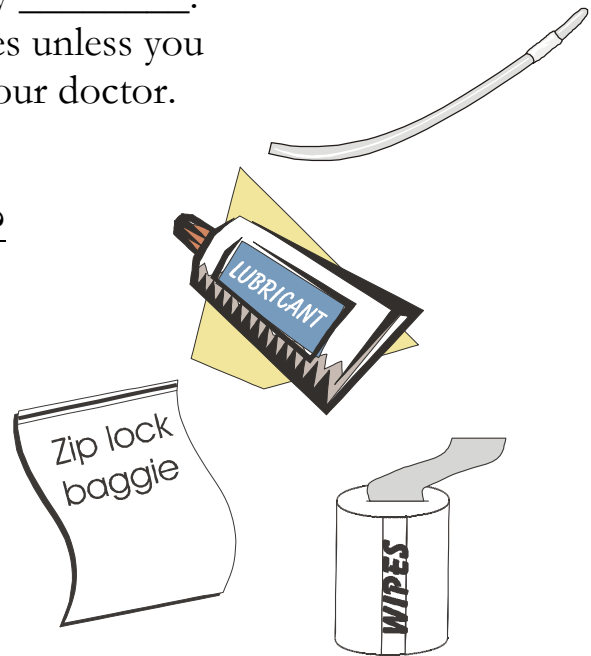


### WHEN DO I DO I.C.?

As ordered by your doctor, you should do I.C. every \_\_\_\_\_. Do not change I.C. times unless you have discussed it with your doctor.

### WHAT WILL I NEED TO DO I.C.?

1. Catheter size \_\_\_\_\_
2. Lubricant jelly
3. Zip lock baggie
4. Pop-up wipes **NOT** containing alcohol



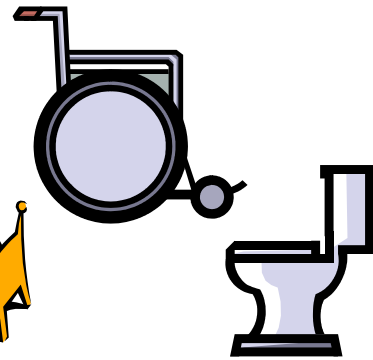
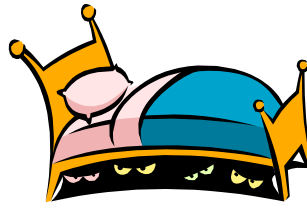
Provided as a courtesy by:

## Rancho Los Amigos National Rehabilitation Center

Nursing Department • 7601 E. Imperial Highway • Downey, CA 90242  
Phone: 562-401-6211 • FAX: 562-803-6231 • <http://www.rancho.org>

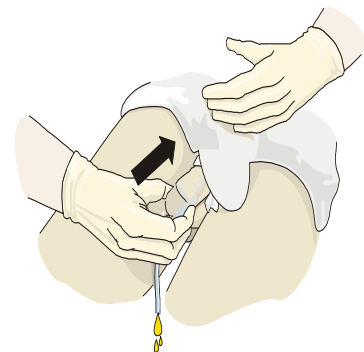
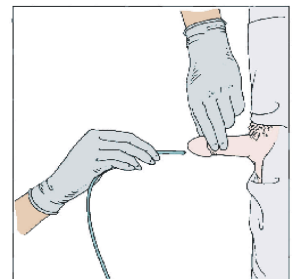
## WHERE DO I DO I.C.?

1. In your chair or wheelchair
2. In bed
3. On the toilet



## HOW DO I DO I.C.?

1. Put supplies near you
2. Wash your hands
3. Sit or lie down
4. Smear lubricant jelly onto the catheter
5. Wash the tip of your penis with a wet wipe.
6. Push the lubricated catheter slowly into meatus (top opening of penis).
7. When the tube seems to “stop”, point your penis toward your toes and continue to push the catheter slowly, until urine starts to flow. Then push the catheter in 2 inches further.
8. Drain all the urine from your bladder by pressing down with your stomach muscles or by pressing your hand over your bladder.

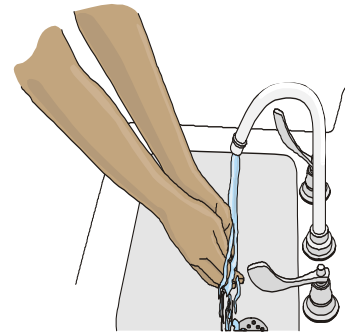


Provided as a courtesy by:

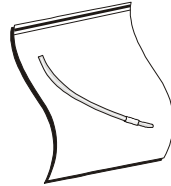
## **Rancho Los Amigos National Rehabilitation Center**

Nursing Department • 7601 E. Imperial Highway • Downey, CA 90242  
Phone: 562-401-6211 • FAX: 562-803-6231 • <http://www.rancho.org>

9. When the flow of urine stops, slowly remove the catheter.
10. Wash your hands and the catheter with soap and water. Rinse it thoroughly after each catheterization. You may wash all the catheters you use every night. Air dry the catheters.



11. Place catheter in baggie.



12. Boil the catheter for 20 minutes once a week.

### HOW DO I KNOW IF SOMETHING'S WRONG?

1. Changes in the color or smell of urine.
2. Fever
3. Feeling of frequency, urgency, or burning
4. Leaking urine between I.C.



### WHAT TO DO IF SOMETHING'S WRONG?

Call your Doctor or Nurse or the Urology Clinic:  
**(562) 401-6208, Monday - Friday, 8:00 AM - 4:00 PM.**  
 At night and on weekends and holidays call:  
**(562) 401-7111.**



**Disclaimer:** Information presented on this page is for specific health educational purposes only. Persons should consult qualified health professionals regarding specific medical concerns or treatment. Each clinician caring for the patient is responsible for determining the most appropriate care.

Provided as a courtesy by:

## **Rancho Los Amigos National Rehabilitation Center**

Nursing Department • 7601 E. Imperial Highway • Downey, CA 90242

Phone: 562-401-6211 • FAX: 562-803-6231 • <http://www.rancho.org>

Nursing\HH0024SelfICMale.wpd 7/17/03