



PATIENT INFORMATION

How to Take Off and Put On an External Catheter

WHY IS IT IMPORTANT?

Putting on and taking off your external catheter correctly prevents skin break down.

WHEN DO I CHANGE AN EXTERNAL CATHETER?

Every day, or whenever your external catheter breaks.

WHAT ITEMS WILL I NEED TO DO IT?

1. Wash cloth
2. Protective pad
3. Self-adhesive external catheter

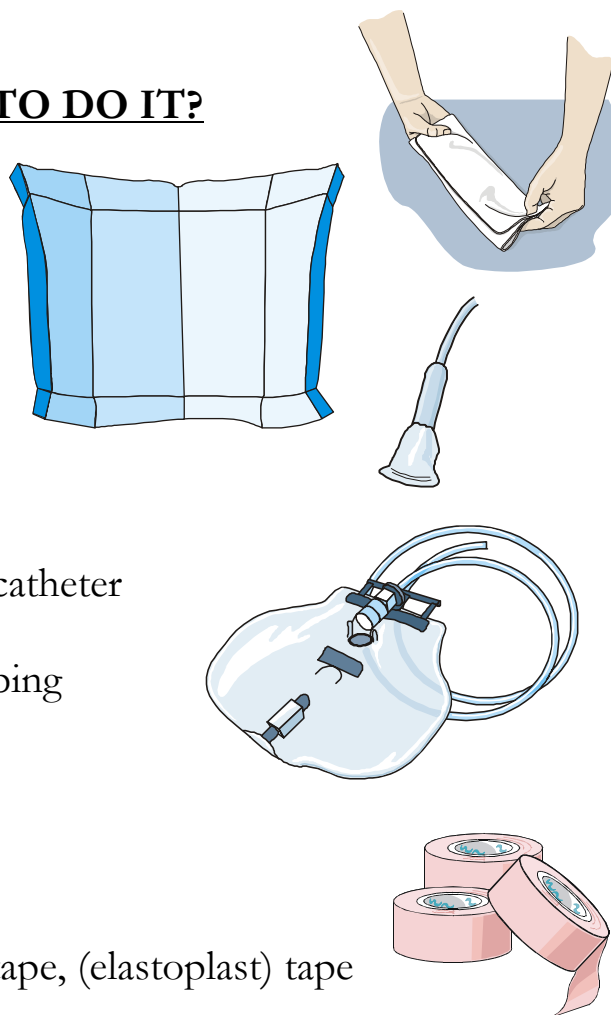
or

Double-sided tape and external catheter

4. Drainage bag (or leg bag) and tubing

You May Also Need:

1. Skin prep adhesive if needed
2. Foam tape (microfoam) stretch tape, (elastoplast) tape



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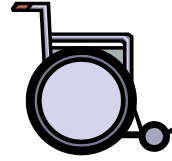
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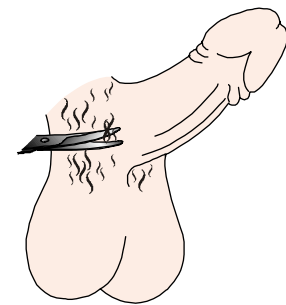
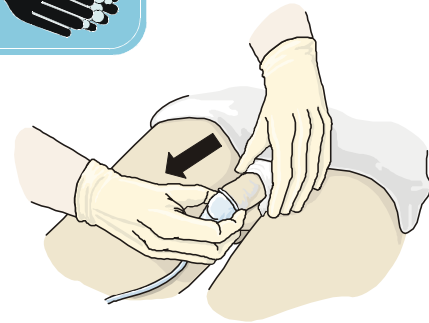
WHERE CAN I CHANGE AN EXTERNAL CATHETER?

1. In bed
2. In a chair or wheelchair
3. In the bathroom



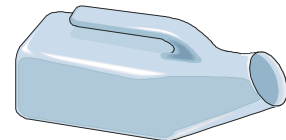
HOW DO I TAKE OFF AN EXTERNAL CATHETER?

1. Put supplies near you.
2. Wash your hands.
3. Sit or lie down on protective pad.
4. Carefully roll off the external catheter and remove tape, if necessary.
5. Wash and dry your penis and scrotum.
6. Using scissors, cut off any pubic hair that is matted, stuck together, or will get caught in the new condom.
7. Look at the skin around your penis and scrotum for sores, redness, a rash, or swelling (skin problems).



If You Have Any of These Skin Problems:

- A. Do not put an external catheter back on until your skin clears up.
- B. Use diapers or a urinal instead.
- C. Call the Urology Clinic at: **562-401-7441**



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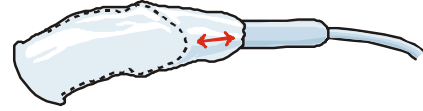
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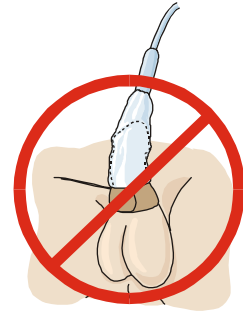
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HOW DO I PUT ON AN EXTERNAL CATHETER?

1. Leave about 1/2 inch space between the end of the external catheter and the tip of your penis. This will help to avoid irritation.

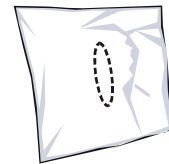


2. If using tape around the penis, make sure the tape does **not** overlap on itself. Your penis can be damaged if the tape reduces the blood circulation. Read the directions on the catheter package.

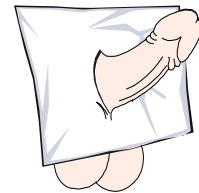


3. If using spray adhesive:

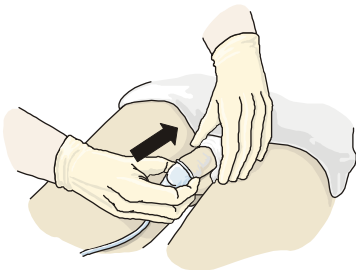
- A. Cut a small hole in the center of a paper towel.



- B. Put your penis through the hole. (This keeps your pubic hair from getting sprayed with adhesive.)



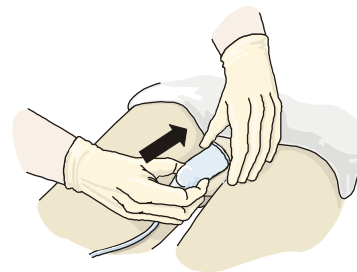
3. If using a self-adhesive catheter, move to step “B”.



- A. Read directions on external catheter package. Unroll the external catheter onto your penis about 1/2 inch.

- B. Unroll the rest of the external catheter to cover your penis.

5. Hold your hand around the penis for 30 seconds. This will set the adhesive and help the external catheter stick to the penis.



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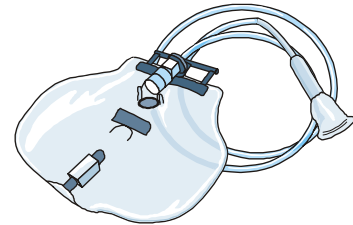
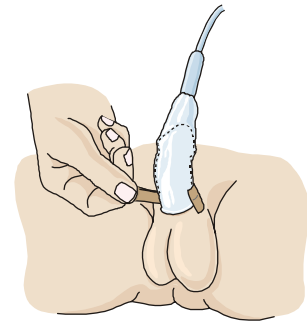
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6. If you need to use extra tape:

- A. Clip and remove the ring from the external catheter. (If the ring is not removed, the pressure may damage your penis.)
- B. Put tape around your penis. Half should be on the external catheter and half should be on your skin. Make sure the tape does **not** overlap on itself. (Your penis can be damaged if the tape reduces the blood circulation.)



7. If you used spray adhesive, remove paper towel and throw it away.

8. Hook up the external catheter to the drainage tube or leg bag.

9. Change into dry clothes, if necessary.

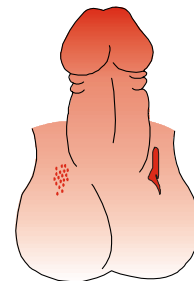
10. Wash your hands.



HOW DO I KNOW IF SOMETHING IS WRONG?

If your penis and/or scrotum:

- A. is swollen
- B. is red
- C. has a rash
- D. has sores



WHAT DO I DO IF SOMETHING IS WRONG?

Do not put on an external catheter.

Call: **562-401-7441**, Urology Clinic or call your personal doctor.

If you have any questions, call: _____



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.

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