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## Female Self Catheterization

Clean Intermittent Catheterization (CIC) is a basic procedure that drains urine from the bladder. It can be carried out safely at home, at work, or when traveling so it will not restrict your busy life. While your provider is your best resource on CIC, this simple instruction sheet is intended to provide additional information.

1. Relax and take your time when catheterizing. Follow your provider's orders for catheterization frequency. Wash your hands with soap and water.
2. Wash your labia (*from front-to-back*) three (3) times using a fresh baby wipe each time.
3. Apply a water soluble lubricant to the first two (2) inches of the catheter (*do not use petroleum jelly*).
4. While sitting on the toilet (*or standing above it with one leg up*), gently and slowly slide the tip of the catheter into your urethra until urine starts to flow. If needed, use a small mirror to find your urethral opening. **Do not force the catheter.** Try to relax and breathe deeply.
5. Let the urine flow into the toilet or container.
  - a. Bear down 1 to 2 times to empty all of the urine from your bladder.
6. When the urine stops flowing, remove the catheter with a **slow, twisting motion** to allow further release of urine by repositioning the catheter eyelets.
  - a. If urine starts to flow again, pause removal.
7. Once urine stops flowing, pinch the end of the catheter closed (to avoid getting wet) and fully remove catheter
8. Throw the used catheter away using the trash receptacle. Do not wash and reuse your catheter. Studies show that this can lead to infections. Always close the toilet lid before flushing to avoid the spread of germs.
9. Wipe around your urinary opening and labia again with a fresh baby wipe (*from front-to-back*).
10. Wash your hands with soap and water.

### When to call your provider:

- You are having trouble inserting your catheter
- You are leaking urine
- You have signs of infections (burning sensation when you urinate, fever or chills)
- You have pain in your vagina or bladder
- You notice a foul odor with your urine
- You have a skin rash or sores
- If you notice blood in your urine
- Grit-like particles or mucus in your urine
- Leakage or voiding between catheterizations