

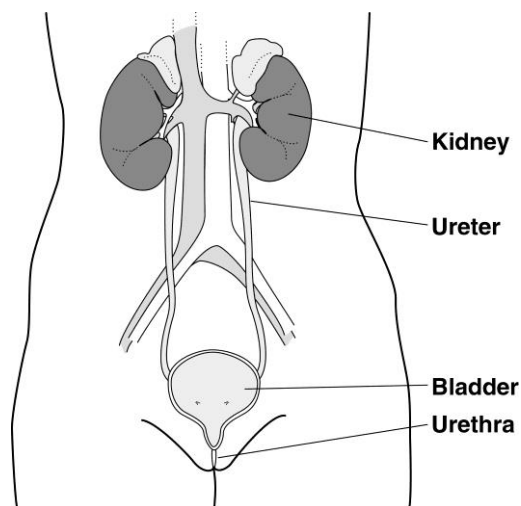
Clean Catheterization Female

What is a clean catheterization?

Clean catheterization uses a clean, not sterile, catheter to drain urine from the bladder.

The Urinary System

The urinary system contains the kidneys, bladder, and ureters.



The kidneys filter waste and excess water from the blood stream. Kidneys make urine. Urine then flows through the ureters to the bladder. The bladder holds the urine until you empty your bladder.

When the bladder is full, nerves in the bladder send a message to the brain and to the spinal cord. The message causes the muscle that holds urine in to relax and the bladder to squeeze urine out through the urethra.

Bladder Problems

Your doctor or nurse will explain what type of bladder problem you have. These problems are common:

- Messages from the bladder to the brain and/or spinal cord are not complete.

- The bladder has weak muscles. All urine does not empty out.
- The sphincter does not open properly. The bladder overfills.
- The sphincter is always open. Urine dribbles out.
- Sudden uncontrolled spasms cause urine to leak out.

Why do I need to catheterize?

You may need to drain the bladder if you cannot void or control urine output.

If the bladder overfills for a long time, urine can back up into the ureters and into the kidneys causing damage to both. If the bladder is overstretched, it slows blood flow, making a bladder infection more likely.

You can empty the bladder on a schedule using a catheter to help prevent backflow of urine and reduce infections.

Catheterization helps you stay dry. If you have bladder spasms or a weak sphincter muscle, catheterization alone may not keep you dry. Your doctor may suggest one or two medicines to stop the spasms and tighten the sphincter.

How often should I catheterize?

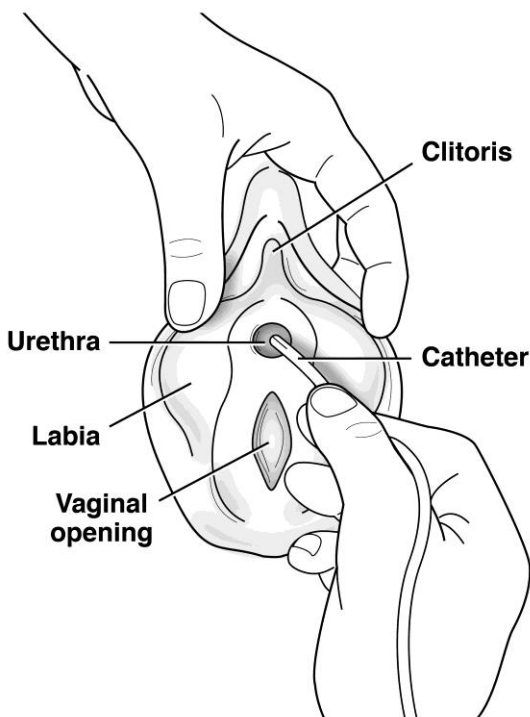
Most people need to do it every 4-6 hours to prevent urine overflow.

Equipment

- A clean catheter
- Water soluble lubricant (K-Y[®] jelly, Lubrifax[®], or Surgilube[®]). **Do not use Vaseline[®]**
- Container for urine
- Liquid soap and water

Step by Step Guide

1. Gather equipment.
2. If your doctor or nurse has told you to urinate, do so before you begin.
3. Wash your hands with soap and water. Wash your genital area. Wipe from front to back, never back to front.
4. Lubricate the catheter with the lubricant, two inches from the tip.
5. Spread your labia (the outer lips) using one hand.



6. Find your opening to your bladder (urethra) by feel or by using a mirror. Finding it by feel is easier.
7. Next:
 - a. Hold the catheter close to the tip.
 - b. Gently insert it into your urethra.
 - c. Direct it upward; guide it toward your bladder until urine flows.
8. Allow all the urine to flow out.

9. After the urine has stopped flowing, slowly remove the catheter. If more urine flows out at one spot, stop there to let it drain.
10. Pinch the catheter as you remove it to avoid getting wet.
11. Wash the catheter with antibacterial liquid soap and water. **Rinse well.** Drain the water out. Place on a clean towel to dry. Moisture can cause bacteria to grow.
12. You will need a new catheter every week or as instructed by your provider.

You may need to keep records of your progress for several weeks. Ask your doctor or nurse. See attached flow sheet.

Plan Ahead

- If you leak urine, carry extra clothing and pads with you.
- Catheterize before your scheduled time if you plan to be away from home.
- If you travel, plan when and where you will be able to catheterize.
- If your child needs to be catheterized at school, discuss the schedule with the school nurse.

Catheterization Schedule

- Empty your bladder every 4-6 hours, day and evening.
- You may catheterize yourself sooner than 4 hours if you have discomfort.

Fluids

- Drink 8-10 glasses (8-oz.) daily.
- If you limit fluids after supper, you will be able to stay dry and avoid overfilling your bladder. This may allow you to go through the night without catheterizing.

- If you notice these symptoms below, drink more fluids.
 - Cloudy or dark-colored urine
 - Foul smelling urine
 - Solid flakes, mucous sediment floating in the urine

When to Call the Doctor

- Bloody urine
- Blood from the urethra
- Temperature greater than 100.5° F by mouth
- Chills
- Back pain
- Stomach ache

Phone Numbers

UW Health Urology
608-263-4757

UW Health at The American Center Urology
608-440-6464

UW Health One South Park Urology
608-287-2900

After hours, nights, weekends, and holidays, the clinic number is answered by the paging operator. Ask for the Urology doctor on call. Leave your name and phone number with the area code. The doctor will call you back. The **toll-free number is: 1-844-607-4800.**

The Spanish version of this *Health Facts for You* is #4355s

If you are a patient receiving care at UnityPoint – Meriter, Swedish American or a health system outside of UW Health, please use the phone numbers provided in your discharge instructions for any questions or concerns.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person’s health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright ©1/2019. University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#4355.

