



A note about our preferred catheter:

Comfort's preferred catheters are Straight catheters.

Straight catheters are part of intermittent catheterization, the periodic emptying of the bladder with a sterile catheter each time a person cath. This allows catheter users to prevent dangerous UTIs.

Comfort Medical provides gentle catheters with smooth, fire-polished eyelets to cut down on the instance of urethral trauma that can cause the formation of scar tissue or strictures.

Sterile Intermittent Catheterization for Men

This educational material is provided in an effort to answer questions and address possible concerns about the sterile intermittent catheterization process.

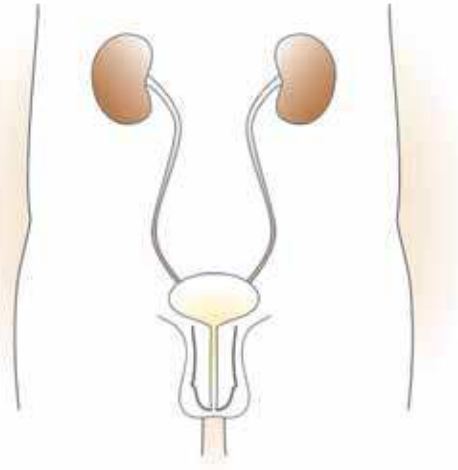
By following the basic steps for intermittent catheterization, it is possible to quickly master the technique and make the process part of your daily routine for bladder management and urinary tract health.

Thank you to Anne Boisclair-Fahey, DNP, RN, CPNP for writing this educational material. She is a pediatric nurse practitioner in pediatric urology at the University of Minnesota.

This instruction guide is not a substitute for medical advice from your healthcare provider.

The Urinary System

The urinary system contains two kidneys, two ureters, the bladder, and the urethra. The kidneys filter the blood and produce urine. The urine travels from the kidneys down the ureters and into the bladder, where it is stored until emptied during urination or catheterization. The urethra is the tube that empties the urine out of the body.



When the bladder is full, the brain sends a signal down the spinal cord to the bladder, causing it to empty. For people with spinal cord issues, the signal from the bladder to the brain gets interrupted, making them unable to empty their bladder.

When people are unable to empty their bladder on their own, they are at risk for urinary tract infections, as well as involuntary loss of urine (incontinence). When urine stays in the bladder and is not emptied, bacteria can grow, causing infections that can lead to illness. Research has shown that intermittent catheterization helps reduce urinary tract infections, control urinary leakage, and prevent urinary tract damage.

Introduction to Intermittent Catheterization

Intermittent catheterization is the periodic emptying of the bladder by the insertion of a hollow plastic tube (catheter) into the urethra, past the sphincter muscles and into the bladder. Urine then passes out of the bladder through the catheter. Intermittent catheterization is used when a person is unable to empty his bladder. It must be done at regular intervals each day to keep the bladder healthy.

Medical conditions that often require intermittent catheterization include spinal cord injuries, spina bifida, and multiple sclerosis.

What is Sterile Intermittent Catheterization?

Intermittent catheterization is normally performed as a clean technique, meaning gloves are not used, and the catheter can be held with bare, clean hands. However, your healthcare provider has recommended sterile intermittent catheterization to help empty your bladder, keep your urinary system healthy, and reduce urinary tract infections. The key to sterile intermittent catheterization is avoiding contact with the catheter; therefore, gloves must be worn and the catheter should go directly from the sterile package into the body without touching any surface. This can be achieved with the closed-kit system.

How Often Should I Catheterize?

Your healthcare provider will let you know how often you will need to perform intermittent catheterization and the size of the catheter you will need. Normally, intermittent catheterization is performed every four hours starting when you wake up in the morning and continues every four hours until bedtime. Some people catheterize on a more frequent schedule. Most people who catheterize do not need catheterization at night.

Where Do I Get Catheters?

You will be taught intermittent catheterization by your healthcare provider, who will determine the size and style of catheter that you will need.

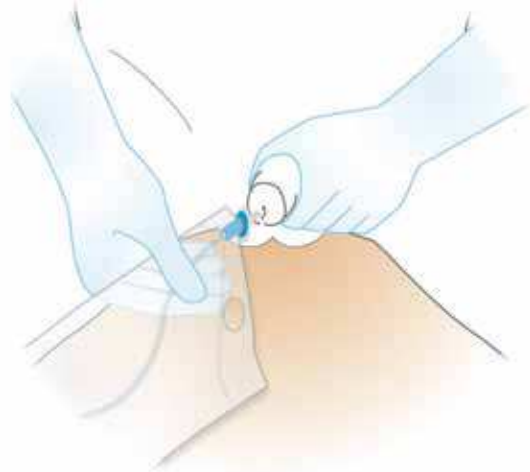
Sterile Intermittent Catheterization Instructions for Men

Catheterization can be performed lying down, sitting on the toilet with your legs spread apart, standing in front of the toilet, or sitting in a chair or wheelchair. Do whatever is most comfortable for you.

1. Inspect the closed-kit system before use. If catheter or package is damaged, DO NOT USE.
2. Wash hands thoroughly with soap and water or use an antibacterial hand cleaner.
3. Open the closed-kit system.
4. Position yourself comfortably. If sitting on the toilet, spread your legs apart. If sitting on a chair or wheelchair, spread your legs apart and place the underpad in your lap. If lying down, use the underpad. Knees can be straight or bent.
5. Put on the gloves provided in the kit. Open the povidone-iodine swabsticks or BZK wipe provided in the kit.
6. Hold the penis upright on the sides so that the urethra is not pinched.

Sterile Intermittent Catheterization Instructions for Men (continued)

7. Retract the foreskin if the penis is uncircumcised. Wash the glans penis from the urethral opening (tip) to the base of the glans with the povidone-iodine swabsticks or the BZK wipe. Wash with a circular motion from the tip outward. Do not wash back and forth over the urethral opening. Repeat the washing two more times with the other two swabsticks or two different areas of the wipe.
8. Remove the cap from the introducer tip and slide the catheter to within 1/8" (2 mm) of the top of the silicon tip. Do not slide the catheter past the introducer tip yet.
9. With your non-dominant hand, hold the penis at a 45 to 60-degree angle from the body. With the dominant hand insert the introducer tip into the urethra. Hold it securely in place with the thumb and forefinger of the non-dominant hand, while still grasping the base of the penis with the remaining fingers.
10. Once you have steadied the penis and secured the introducer tip in place, use the dominant hand to grasp the catheter through the bag close to the base of the introducer shaft and slowly push it through the introducer tip into the urethra.
11. Gently slide the catheter until you meet resistance at the urethral sphincters. Do not pull the catheter in and out when you meet resistance; just apply gentle but firm continuous pressure until the catheter advances into the bladder. Continue to insert the catheter until urine begins to flow.
12. When urine stops flowing, slowly rotate the catheter through the bag between your fingers while withdrawing the catheter. If urine starts to flow again when withdrawing the catheter, stop each time it flows and let the urine drain. When the bladder is empty, finish removing the catheter. If you are uncircumcised, make sure you bring the foreskin back over the glans penis when you are finished.
13. To empty the bag, hold it upright and put your thumb in the hole at the top of the bag. Grasp the tab and tear downwards at the perforation located above "To Empty Tear Here." Pour the urine through the opening into the toilet. Dispose of the bag properly.



Intermittent Catheterization Specifications:

- Use Closed System intermittent catheter with polished eyelets in size:
 8 FR 10 FR 12 FR 14 FR 16 FR
- Catheterize _____ times a day or every _____ hours.
- Catheterization required at night: Yes No

Physician contact information:

Name

Telephone Number

Product supplier contact information:

Comfort Medical

Name

1-800-700-4246

Telephone Number

1-800-604-9760

Fax Number