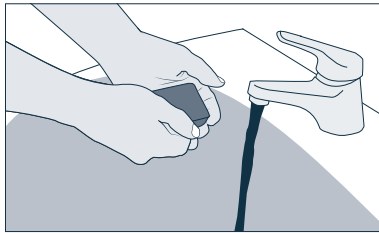


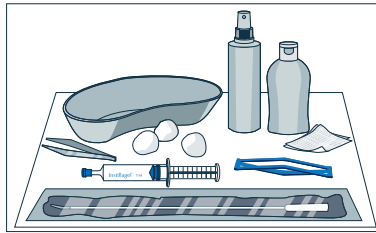
# Self-catheterisation

## Instructions for men



### 1. Take hygienic precautions

- Wash your hands thoroughly
- Prepare an area that is as clean as possible



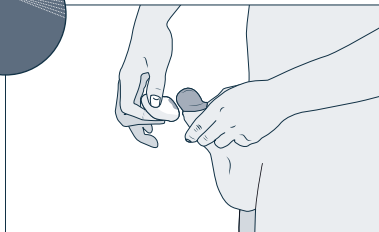
### 2. Place the materials within easy reach

- Disinfectant for your hands
- Sterile compresses/pads
- Skin disinfecting spray
- Catheter or catheter set
- Sterile and disinfecting lubricant, such as Instillagel® or Endosgel®



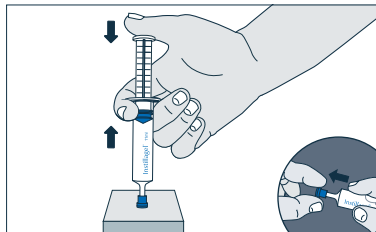
### 3. Get into position

- Choose a comfortable position, e.g. standing or sitting



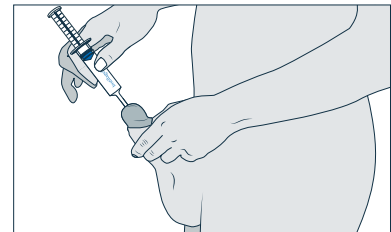
### 4. Perform disinfection

- Disinfect your hands
- Disinfect the penis head, foreskin and urethral opening using separate pads or compresses for each



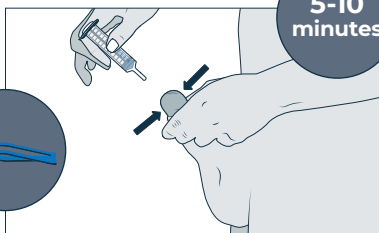
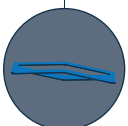
### 5. Prepare the syringe

- Push the syringe against firm resistance (e.g. a tabletop) while gently pressing on the piston rod to release the pressure in the syringe
- Remove the cap without touching the tip of the syringe



### 6. Instil the lubricant

- Apply a drop of the lubricant to the urethral opening
- Hold the penis behind the penis head between your thumb and index finger
- Carefully insert the cone of the syringe into the urethra
- Slowly instil the lubricant



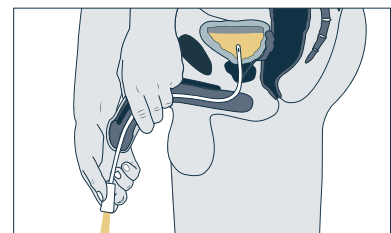
### 7. Exposure time

- Hold the penis upwards between your thumb and index finger or use a FARCO penis clamp
- Wait 5 to 10 minutes for the lubricant to take effect



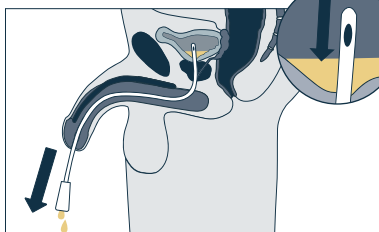
### 8. Perform catheterisation

- Handle the catheter using the protective sleeve
- Insert the catheter into the urethra



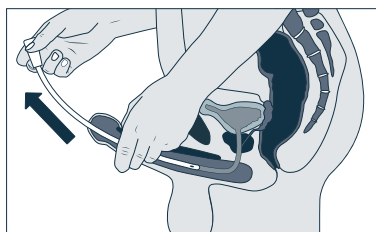
### 9. Urine flow

- Push the catheter into the urinary bladder in stages until the urine begins to flow
- When the urine starts to flow, continue to push the catheter about 1 cm more



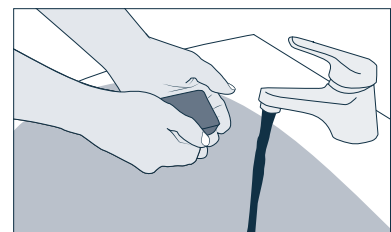
### 10. Residual urine flow

- Wait until urine flow stops
- Withdraw the catheter in stages until urine starts flowing again



### 11. Remove the catheter

- After urine flow stops, slowly withdraw the catheter



### 12. Wash your hands

- The catheter and auxiliary materials can be discarded in regular household waste