Self-Catheterization and Irrigation for Male Patients with a Neobladder

Catheterization is a way of completely draining urine from your new bladder. Your new bladder needs time to stretch and hold the urine from your kidneys. By closely following the self-catheterization schedule, you will help your bladder heal and train it to hold urine.

Instructions

- Drink 8 ounces (1 glass) of fluid every 1 to 2 hours during the day. Limit fluids for 2 hours before bedtime.
- Try to urinate on your own before you catheterize yourself. You will need to do self-catheterization _____ hours during the day and every _____ hours during the night.

Supplies

- Catheter (red rubber tube).
- Water-soluble lubricant (Surgilube). Do not use Vaseline.
- Urine container: Use any jug, bottle or urinal with a measurement guide which can attach to the toilet or be held between your knees.

Self-Catheterization Method

1. Wash your hands well with soap and water.
2. Wash the end of your penis well with soap and water. If you are not circumcised, be sure to pull back your foreskin and keep it back while doing self-catheterization.

3. Urinate while sitting on the toilet.

4. Remain sitting on the toilet.

5. Take the catheter out of the plastic bag. Put a small amount of lubricant on the tip of the catheter. Cover the tip and about 2 inches down the catheter with the lubricant.

6. In one hand, hold the catheter about 1 inch from the lubricated tip.

7. With the other hand, hold your penis away from your body.

8. Gently put the catheter into the urinary opening (urethra).

9. About 6 inches into the urethra there is a ring of muscle tissue that the catheter must pass through. At this point it may be a little harder to pass the catheter.

10. Take a deep breath and gently apply steady pressure. The catheter should pass into the bladder.Never use force to put in the catheter. When you are in the bladder, urine will start flowing out of catheter.
11. When urine stops flowing, take deep breaths or press on your lower abdomen to make sure the bladder is totally empty.

12. When the urine stops, slowly pull out the catheter. Stop pulling the catheter if urine starts to flow. Again, take some deep breaths or press on your lower abdomen. Repeat this step until urine completely stops.

**Irrigation (Flushing) Supplies**
- Catheter (red rubber tube)
- Water-soluble lubricant (Surgilube). **Do not use Vaseline.**
- Irrigation set
- Bottle of Normal Saline

**Irrigation (Flushing) Method**
1. After your catheter is removed, you are to flush your new bladder 4 times a day. Flushing your bladder helps it heal and keeps it clean.
2. Prior to self-catheterization, draw up 60 ml of normal saline in the syringe.
3. Follow the instructions above on how to self-catheterize.
4. You will flush after you have drained all the urine in your bladder.
5. With one hand hold your penis and catheter, to make sure the catheter does not slip out. With the other hand, get the pre-filled syringe and attach it to the open end of the catheter.
6. Flush the catheter with 60ml of normal saline and try to draw back any fluid. Dispose of this fluid in the toilet.
7. If there is a lot of mucous in the fluid, try to flush again.

**Catheter Care**
1. Wash the catheter with soapy water.
2. Rinse the catheter inside and out with water.
3. Dry the catheter with a clean towel or paper towel.
4. Lay the catheter on a clean towel to let it dry.

5. Store the catheter in a clean plastic bag or other clean container.

6. Catheters may be used until they become brittle, worn, crack or do not drain well.

**When to Call Your Doctor**

Call your doctor for any of the following:

- Cloudy or foul smelling urine
- Red or swollen urinary opening (urethra)
- Chills or fever