Self-Catheterization and Irrigation for Male Patients with a Neobladder

Catheterization is a way of draining urine from your bladder. Your new bladder needs time to stretch and hold urine from your kidneys. By using 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. **Do not** drink fluids 2 hours before you go to bed.
- 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 that 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 you sit 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 opening where you urinate from (urethra).

8. 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.

9. 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 your bladder, urine will start flowing out of catheter.

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10. When urine stops flowing, take deep breaths or press on your lower abdomen to make sure your bladder is totally empty.

11. 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 need to flush your new bladder 4 times each day. This helps your bladder to heal and stay clean.
2. Prior to self-catheterization, pull 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 your 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 you see a lot of mucous in the fluid, flush again.

**Catheter Care**
1. Wash the catheter with warm water and soap.
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. **Do not** use catheters that are brittle, worn, cracked or do not drain well.

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When to Call Your Doctor

Call your doctor for any of the following:

- Urine that looks cloudy or smells bad
- Red or swollen urinary opening (urethra)
- Chills or fever of 101 degrees Fahrenheit (38.3 degrees Celsius) or higher