

Self-Catheterization Record: Gynecologic Oncology

Your doctor wants you to have your Foley catheter taken out (the tube that is in place to empty your bladder). It will take time before you feel like you can urinate again and for your bladder to empty completely. Until then, you need to do self-catheterization. Your nurse will teach you how to do this.

Self-catheterization is when you put a small tube into your bladder to completely drain the urine. If urine stays in your bladder too long, it can cause a bladder or kidney infection. This may also cause your bladder to become too full (distension), and not let your bladder heal properly.

Things you can do to help your bladder heal:

- Drink as you **normally** would during the day.
- Limit your fluid intake 2 hours before bedtime.
- Urinate often (every 30 to 60 minutes).
- Do self-catheterization after urinating (about every 4 hours).

How to keep track of your urine output:

1. Try to urinate into a container and measure the amount.
2. Follow the steps you learned from your nurse to catheterize yourself, and then measure the amount of urine from the catheterization.
3. Write each amount in the chart on the last page of this handout.

This handout is for informational purposes only. Talk with your doctor or health care team if you have any questions about your care.

4. Add the 2 amounts together and write down the total.
5. If the total amount that you urinated and catheterized is 300 ml or more, do one or more of the following:
 - ▶ Urinate more often
 - ▶ Drink less
 - ▶ Do self-catheterization more often

Over time, the amount you urinate will increase and the amount from the self-catheterization will decrease. **The goal is to have less than 300 ml in your bladder at any time.**

When to call the doctor or nurse:

- When the amount from self-catheterization is between 0 to 50 ml and the total amount that you urinate and catheterize is less than 300 ml, call your doctor or nurse to see if you can stop self-catheterization during the day. You will still need to continue to catheterize yourself both at night and in the morning.
- When you have less than 50 ml or no urine from the self-catheterization for 2 days and the total amount that you urinate and catheterized is less than 300 ml, call your doctor or nurse to see if you can stop self-catheterization at night and in the morning.
- **Do not stop self-catheterizing until your doctor or nurse tells you it is okay to stop.**

