

Intermittent Self Catheterization (ISC) Instructions & Diary

How to perform intermittent self catheterization?

1. Assemble equipment in an accessible area: catheter, water soluble lubricant (if desired), mirror, urine catch (hat), moist towelette or soapy washcloth.
2. Inspect the catheter before use. Do not use if product is damaged in any way.
3. Wash your hands thoroughly with soap and water and dry.
4. Position yourself comfortably with your thighs spread apart. The ideal position is on the toilet. You may use a mirror to better visualize the area.
5. If you wish to use lubricant, apply it to the catheter at this time approximately 1-1 1/2" up the catheter.
6. With one hand, separate the labia and wash from front to back with soapy washcloth and water or towelette.
7. Slowly and gently insert the catheter into the urethra until urine begins to flow, (approximately 1-1 1/2 inches). Then insert the catheter 1inch further and hold it there until urine stops flowing. Make sure you have a urine basin in place to catch the urine.
8. When urine stops, slowly begin to withdraw the catheter. Withdraw the catheter slowly. If more urine drains out wait until flow stops.
9. Note the amount of urine you are able to drain and record. Also, make note of the color, odor, clarity and be aware of any changes that you may need to report to you provider.
10. Wash your hands and the catheter with soap and water. Rinse the catheter well and store it in a clean dry place for the next use.



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