

Intermittent catheterization instructions for boys

Please refer to product labeling for complete product instructions for use, contraindications, warnings, precautions and adverse events.

Step 1

Inspect catheter before use. Do not use product if device or packaging is damaged. Don't touch any part of the catheter that enters the body, since this can contaminate the catheter.

Step 2

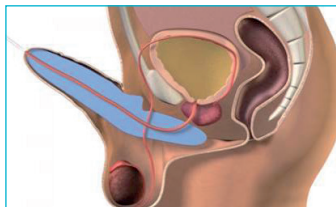
Wash hands with soap and water, or use an alcohol-based hand sanitizer.

Step 3

With the guidance of your healthcare provider, determine which catheterization position will be best (sitting, standing, lying down).

Step 4

If using a SpeediCath® hydrophilic-coated catheter, no additional lubricant is needed. If using an uncoated catheter, a water-soluble lubricant is recommended. If using an uncoated product, lubricate the tip of the catheter and avoid touching any part of the catheter that enters the body (to reduce transferring bacteria).



Step 5

Hold the penis upright so that the urethral opening is pointing towards the sky and is visible to both the caregiver and/or child if they are catheterizing themselves. This helps the urethra form a U-shape, making catheterization easier.



Step 6

Retract the foreskin of the penis if it is uncircumcised. Wash the penis from the opening (tip) to the base of the glans (the round part forming the end of the penis) with a moist towelette, swab or baby wipe. Wash in a circular motion starting at the tip and working outward. Use each towelette or swab only once. Reuse of the same towelette, wipe or swab can spread germs. Never wash back and forth over the urethral opening.

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Step 7

While holding the penis upright, insert the catheter gently. The child may feel some resistance just before reaching the bladder. Do not push the catheter in and out if resistance is met. Rather, hold the catheter and continue to advance it slowly, using gentle but firm pressure, until the sphincter relaxes.



Step 8

Sometimes having your child take a deep breath and slowly let it out helps. Continue to insert the catheter until urine begins to flow, and insert the catheter approximately $\frac{1}{2}$ inch farther. Once urine is flowing, point the penis down toward the toilet or urine receptacle.



Step 9

When urine stops flowing, withdraw the catheter slowly, about 1-2 cm. If urine starts flowing again, pause and wait for it to stop. Resume withdrawing the catheter, stopping each time urine begins to flow. When the bladder is empty, remove the catheter. If uncircumcised, replace the foreskin over the head of the penis.

Step 10

Throw away the catheter after using it and wash your hands.

These are general guidelines meant to help you with typical questions. Each person's situation is unique, and risks, outcomes, experience, and results may vary. You should follow the specific instructions by your healthcare team for you and the product you are using.

Coloplast does not practice medicine. The recommendations and information in this material are not medical advice. Contact your healthcare professional for personal medical advice or diagnosis.

SpeediCath® catheters are prescribed for use by pediatric patients (children to age 21) and adults who require bladder drainage due to chronic urine retention or post void residual volume (PVR). Before use, carefully read all of the instructions. Call your doctor if you think you have a UTI or can't pass the catheter into the bladder. For more information regarding risks, potential complications and product support, call Coloplast Corp. at 1-866-226-6362 and/or consult the company website at www.coloplast.us.

IF YOU THINK YOU HAVE A MEDICAL EMERGENCY, CALL 911.

For video guidance, watch instructional SpeediCath® videos at: bladderguides.coloplastcare.us



Scan the QR code with your phone's camera for instructional how-to-use videos for children

