



## Male Intermittent Self Catheterization

### 男性間歇性清潔自我導尿法(英文)

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#### Introduction

Intermittent catheterization is a good measure for patients to improve or eliminate urinary incontinence, resume bladder function, or prevent kidney infections when they suffer from incapability of urine retention and emptying bladders.

#### Indications

When patients have a hard time emptying bladder on their own, they may have their care taker or themselves utilize self-catheterized intermit clean.

#### Contraindications

1. Unstable consciousness
2. Anyone incapable of moving their arm, or anyone without care of his or her family.
3. Bladder with small capacity.
4. Urinary tract infection.
5. Anyone with Benign Prostatic Hyperplasia.

#### Materials needed

1. Catheters : have 4 ~ 5 tubes ready; 14Fr for adult and 8 Fr for children.
2. Aqua Povidone-Iodine Solution.
3. Soap.
4. Lubricating cream.
5. Towels or baby wipes without alcohol.

## 6. Containers for urine collect.

### **Sterilizing method**

1. With specified catheter, there are outer tubes for sterilizing solution; usually we fill it up with boil water verses cold drinking water of ratios 1 :10.
2. Change solution once a week to maintain sterilization effect.

### **Procedures**

1. Get into a comfortable position either sitting or lying down on the bed; if someone is catheterizing you, it is better if you just open both of your legs. Also, lubricate the Catheter.
2. Wash your hands thoroughly with soap and clean and urethral opening.
3. Hold penis on the sides, perpendicular to the body, gently insert catheter for about 6~8 inches. You will meet resistance when you reach the level of the prostate. Don' t pushes the catheter too hard, pull the catheter out, re-lubricate it, and then gently insert it again.
4. When urine flow stops, gently and slowly remove the catheter.
5. Wash catheter with water, and store the catheter in sterilization solution.

### **Important things to Remember**

1. Catheterize every three to four hours during the day, once right before your going to bed at night, and another your waking up in the morning. Adjust your timing for catheterization by observing the amount of urine your have; increase catheterization once your urine volume is consistently greater than 500cc.
2. Keep urine amount between 300c.c~500c.c for every catheterization.
3. If you have fever, feel pain coming from lower abdomen, observe blood in your urine, suffer from urine incontinence; there are chances that you might have urinary tract infection. If you do suffer from any of aforementioned symptoms, visit our urology outpatient department to take urine sample for further treatment.
4. It could cause acute pyelonephritis or cystitis when a bladder is too full.

5. Intermittent catheterization could prevent urinary tract infection for up to 90%, and it takes antiseptics and antibiotic to control 58% of bacteriuria.
6. It is advantageous to use intermittent catheterization because it is convenient, economical, and good in reducing infection rate and training bladder. It is also good for someone who is in need of Foley catheterization and is suggested to return for the follow-up checks.

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