

# Step-by-Step: Inserting a Disposable Catheter (For Penis)

## Inserting a Disposable Catheter.

Wash your hands with soap and warm water, dry them well. Wash your genitals with soap and water, rinse and dry well.

Holding it at the funnel end, remove the catheter from its bag. Avoid touching the catheter tip. Lubricate 4 to 6 inches of the catheter tip.

Insert the lubricated tip into your urethra and gently push it to your bladder. If you feel resistance, do not force it, pause and relax, then continue pushing.

When you see urine in the catheter, lower the catheter so urine flows into the toilet.

Once urine flows out of the catheter, insert the catheter about 1 to 2 inches further toward your bladder.

When urine stops, pull the catheter out an inch or two until urine begins to flow again. Repeat until urine no longer flows.

Remove the catheter.

Put the catheter back into its packaging and throw it away. Wash your hands.