

Step-by-Step: Inserting a Disposable Catheter (For Vagina)

Inserting a Disposable Catheter.

Have your supplies ready. 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 package.

Lubricate 2 to 4 inches of the catheter tip.

If you need practicing finding your urethra, spread your labia with one hand. Using a mirror, look for the urethral opening above the vagina.

To insert the catheter, sit on the toilet, spread your labia with one hand, insert the lubricated tip into your urethra, push the catheter to your bladder, do not force it.

If you feel resistance, pause and relax, then continue to push. When you see urine in the catheter, lower the catheter, so urine flows into the toilet.

When urine stops flowing, pull the catheter out an inch or two until it flows again.

Repeat until no more urine flows.

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