

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

Inserting a Reusable 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 storage bag. Lubricate two to four inches of the catheter tip.

If you need practice 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 into 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 funnel end 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.

Wash the catheter with warm water and soap. Wash your hands again and dry well. Let it dry on a clean towel for a few hours.

When the catheter is dry, return it to its storage bag. Avoid touching the catheter tip.