

# INSTRUCTIONS FOR BOYS

Wash your hands thoroughly with soap and water. Sometimes it could be worth while to try to wee on your own before CIC (Clean Intermittent Catheterisation).



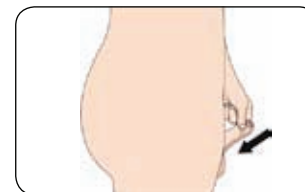
# CathetersPLUS™

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Gently pull your foreskin back (if you have one). Hold your penis up towards your stomach. In this position, your urethra is extended and becomes U-shaped. This will make it easier to guide your catheter into your bladder.

*Hint – do not squeeze your penis too hard as this can block the opening of the urethra.*



Slide your catheter slowly and smoothly into the opening of your urethra and up into your bladder until the urine starts to flow.

*Hint – when you get to the sphincter, some resistance may be felt. Use gentle but firm pressure until the muscle relaxes. It may also be helpful to cough or try to pass urine as this can relax the sphincter muscle.*

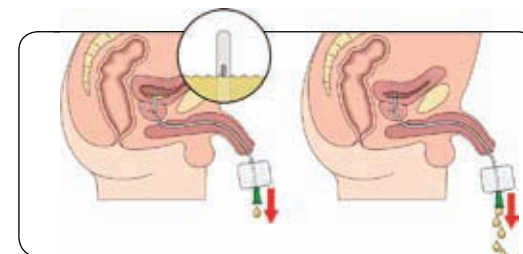


Point your penis and the funnel end of the catheter down towards the toilet, a bowl or drainage bag. When the urine starts to flow, push the catheter further in one or two cm to make sure that the drainage holes are well into the bladder.

*Hint – once the urine has started to drain, try to keep the catheter as steady as possible as it may take some time for your bladder to drain.*

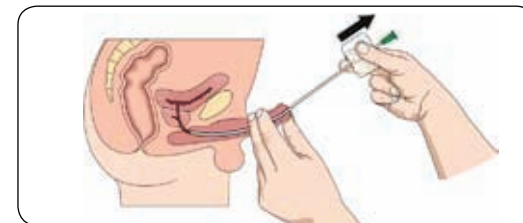


To ensure complete emptying of the bladder – remove the catheter gradually and slowly, so that all urine is emptied.



When the bladder is empty, hold your penis up towards your stomach again and withdraw the catheter slowly.

*Hint – pinch or fold the catheter so that the last few drops remain in the catheter.*



End the procedure by washing your hands once more.

