

HOW TO REMOVE YOUR CATHETER AT HOME

Always wash your hands before touching your catheter

USING THE 10CC SYRINGE:

(given to you by your doctor)

1. Attach the syringe to the short tube of your catheter and gently pull back on the plunger. This will release the fluid that is holding the catheter in your bladder. You should obtain 5-10cc of fluid in the syringe.
2. In a smooth, flowing motion pull the catheter from your urinary opening.
3. Dispose of your catheter and accessories in your trash can.

USING A PAIR OF SCISSORS:

1. Cut the short tube with the colored band (approximately 1 inch long) hanging from your catheter. This tube has a "Y" connection, one side will be attached to your leg bag, you will be cutting the side that is not attached to the bag. This will allow the fluid to drain from the balloon that is holding your catheter in place.
2. After the fluid has drained, pull the catheter from your urinary opening in a smooth, flowing motion.
3. Dispose of your catheter and accessories in your trash can.