

Self-Catheterization and Irrigation for Female Patients with a Neobladder

Catheterization is a way to drain urine from your new bladder. The new bladder needs time to stretch and hold urine from your kidneys. By closely following a self-catheterization schedule, you will help your bladder heal and train it to hold urine.

Instructions

- Drink 8 ounces (1 glass) of fluid every 1 to 2 hours during the day. Limit fluids for 2 hours before bedtime.
- Try to urinate on your own before you catheterize yourself. You will need to do self-catheterization _____ hours during the day and every _____ hours during the night.

Supplies

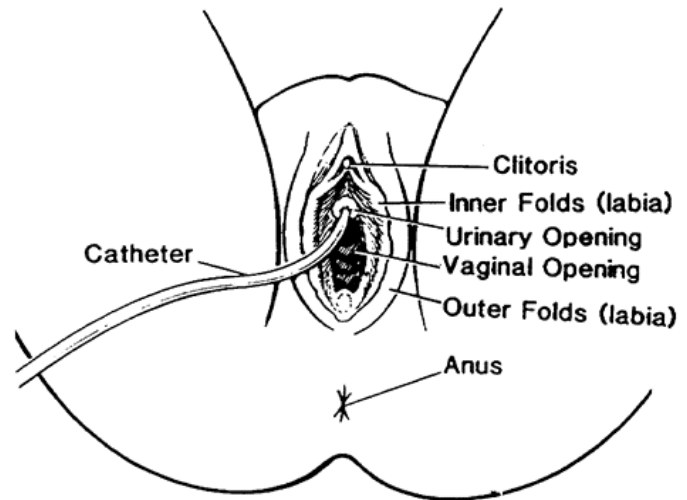
- Catheter (red rubber tube).
- Water-soluble lubricant (Surgilube). **Do not use Vaseline.**
- Urine container: Use any jug, bottle or urinal with a measurement guide that can attach to the toilet or be held between your knees.

Self-Catheterization Method

1. Try to urinate before you catheterize yourself. Measure the urine and write down the amount.
2. Wash your hands well with soap and water.
3. Catheterize yourself while sitting on the toilet.

This handout is for informational purposes only. Talk with your doctor or health care team if you have any questions about your care.

4. Take the catheter out of the plastic bag. Put a small amount of lubricant on the tip of the catheter. Cover the tip and about 2 inches of the catheter with the lubricant.
5. Spread your labia with one hand. Wash the urinary opening (urethra) with soap and water.
6. To find the urethra, place your last three fingers on your vagina. Feel for the urethra with your index finger.
7. Keep the labia spread apart; gently push the catheter into the urethra.
8. Continue to put the catheter in until urine flows out. Then insert the catheter another 1 to 2 inches. Let the urine flow into the container.
9. When urine stops flowing, take deep breaths or press on your lower abdomen to help better empty the bladder. Slowly pull the catheter out. Stop pulling the catheter any time urine starts to flow. Again, take some deep breaths or press on your lower abdomen. Repeat this step until urine completely stops.



Irrigation (Flushing) Supplies

- Catheter (red rubber tube)
- Water-soluble lubricant (Surgilube). **Do not use Vaseline.**
- Irrigation set
- Bottle of normal saline

Irrigation (Flushing) Method

You need to flush your new bladder **4 times a day**. Flushing your bladder helps it heal and keeps it clean.

1. Before you catheterize yourself, draw up 60 ml of normal saline in the syringe.
2. Follow the instructions above on how to self-catheterize.

3. You will flush your bladder after you have drained all the urine from your bladder.
4. With one hand hold the catheter to make sure that it does not slip out. With the other hand, get the pre-filled syringe and attach it to the open end of the catheter.
5. Flush the catheter with 60 ml of normal saline and try to draw back any fluid. Dispose of this fluid in the toilet.
6. If there is a lot of mucous in the fluid, try to flush again.

Catheter Care

1. Wash the catheter with soapy water.
2. Rinse the catheter inside and out with water.
3. Dry the catheter with a clean towel or paper towel.
4. Lay the catheter on a clean towel to let it dry.
5. Store the catheter in a clean plastic bag or other clean container.
6. Catheters may be used until they become brittle, worn, crack or do not drain well.

When to Call Your Doctor

Call your doctor if you have any of the following:

- Cloudy or foul smelling urine
- Red or swollen urinary opening (urethra)
- Chills and/or fever
- Trouble putting in the catheter