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## Urethral Intermittent Catheterization Instructions for Use

### Always Follow Physician's Recommended Standard Protocol

- The catheterization procedure must always be carried out under guidance or direction of a healthcare professional
- Gather equipment (single catheter, catheter bag or receptacle, non-sterile gloves, liquid soap and tap water, washcloth or towelette, clean towel, wash basin/sink, water-soluble lubricant)
- Wash hands using soap and water
- Cleanse the urethral opening
- Open the catheter package and put on gloves
- Remove the catheter from the package by only touching the funnel end
- Squeeze the lubricant out from its package to coat the catheter, if needed
- Insert the catheter to obtain urine flow and drain into an appropriate receptacle
- When emptying the bladder is complete, withdraw catheter
- Discard catheter per your physicians instructions and wash hands

These instructions are intended to be used as a follow up to the advice you have already been given from a healthcare professional.

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