Self-catheterisation
Instructions for women

1. Take hygienic precautions
   — Wash your hands thoroughly
   — Prepare an area that is as clean as possible

2. Place the materials within easy reach
   — Disinfectant for your hands
   — Sterile compresses/pads
   — Skin disinfecting spray
   — Catheter or catheter set
   — Sterile lubricant, such as Instillagel® or Endosgel®

3. Get into position
   — Choose a comfortable position, e.g. standing or sitting
   — If necessary, place a mirror between the thighs

4. Perform disinfection
   — Disinfect your hands
   — Use your fingers to spread the labia
   — Disinfect the large and small labia from the pubic symphysis to the anus using separate pads/compresses for the large and small labia
   — Disinfect the urethral opening with a pad; a separate pad can be placed in front of the vaginal opening

5. Prepare the syringe
   — Push the syringe against firm resistance (e.g. a tabletop) while gently pressing on the piston rod to release the pressure in the syringe
   — Remove the cap without touching the tip of the syringe

6. Instil the lubricant
   — Apply a drop of the lubricant to the urethral opening
   — Carefully insert the tip of the syringe into the urethra
   — Slowly instil the lubricant by evenly pushing down on the piston rod

7. Exposure time
   — Wait 5 to 10 minutes for the lubricant to take effect

8. Perform catheterisation
   — Handle the catheter using the protective sleeve
   — Insert the catheter into the urethra

9. Urine flow
   — Push the catheter into the urinary bladder in stages until the urine begins to flow
   — When the urine starts to flow, continue to push the catheter about 1 cm more

10. Residual urine flow
    — Wait until urine flow stops
    — Withdraw the catheter in stages until urine starts flowing again

11. Remove the catheter
    — After urine flow stops, slowly withdraw the catheter

12. Wash your hands
    — The catheter and auxiliary materials can be discarded in regular household waste

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