



# How to Remove Catheter

## I can Train myself & Do It

A urinary catheter is a thin flexible tube that allows urine to drain from your bladder into a small external bag. Catheters are fairly easy to remove yourself, but if you experience any significant pain, call your doctor for help.

Before you remove it, **wash** your hands and empty the catheter bag.

Then, lie down in a **comfortable position** and use an alcohol wipe to gently **clean** your urethral opening where the catheter connects to the drainage tube. This will lower your risk of infection.

Once it's clean, **insert** the syringe your doctor provided you into the balloon port, which is the **valve with a coloured** end.

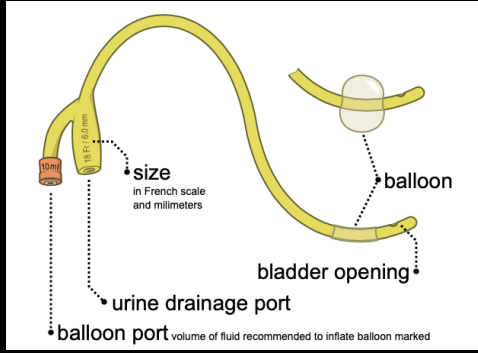
Then, slowly and carefully **pull** the syringe away to drain the water from the balloon.

Clamp the catheter tube with a rubber band to stop the urine from flowing, then gently **pull the catheter** out of your urethra.

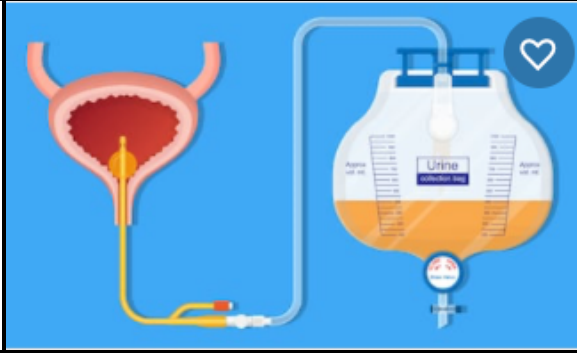
Discard the Material as a **Medical Waste**.

After you remove the catheter, inspect it to make **sure it's intact**.

If not, Inform and go to the doctor as Scheduled so they can remove the missing parts.



**Parts of Catheter**



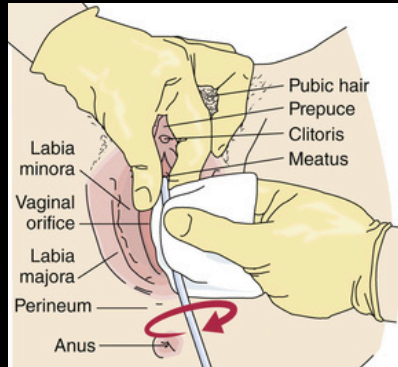
**System of Catheter**



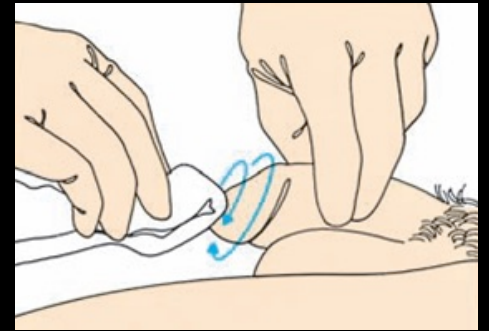
**Wash Hands**



**Wear Clean Gloves**



**Cleaning - Female**



**Clean Area of Insertion**



**Check Connection**



**Match Syringe**



**Attach & Aspirate**



**Aspirate**

**Video**