

CENTRAL ARIZONA UROLOGISTS

SELF CATHETERIZATION

Supplies needed

- Catheter
 - KY Jelly
 - Collection device or toilet
 - Wash cloth, antibacterial soap, or disposable wipes
1. Wash hands, catheter, and urethra opening before and after using catheter.
 2. Lubricate catheter with KY jelly.
 3. Insert catheter into urethra; place other end in collection device or over the toilet.
 - Slowly insert catheter into urethra until urine flow begins, then insert catheter one inch further.
 - Let bladder empty completely, until urine flow stops.
 - Withdraw catheter slowly, watching for additional drainage.
 4. Wash catheter and pat dry. Let catheter air dry and then store catheter in a zip lock bag. Change the bag daily.
 5. The catheter must be changed weekly. A prescription should have been provided for you.
 6. Below are a few medical supply stores that carry these types of catheters.

Walgreens Home Care c/o
Dawn Quadras LPN
5064 S. 40th St Suite A
Phoenix, AZ 85040
Cell number 602.692.2036
Fax number 602.453. 2080

G&S Medical Services
c/o John Freeman
10818 N. 32nd St
Phoenix, AZ 85028
Phone number 602.992.6146
Cell number 602.821.9339
Fax number 602.788.4217

All-Med Health Care Inc
5140 W. Peoria Ave, Suite 102
Glendale, AZ 85302
Phone 623.334.4800
Fax 623.334.4805

Symbias Medical
c/o Gary Hershey
2311 W. Utopia
Phoenix, AZ 85027
Phone number 623.209.0709
Fax number 623.780.1887
Cell number 602.722.3874

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