

## How to remove your own catheter

1. Be sure you have been told to remove your own catheter **by your doctor.**
2. The best time to remove it is before bedtime the night before your followup visit but check with the doctor.
3. Use syringe if provided or cut the **colored cap** to release the water with blunt tip scissors.
4. Gently pull it out when the water stops draining.
5. If it won't pull out easily **STOP** and contact your doctor.



*\*The information provided is for educational purposes only, and does not substitute for professional medical advice. Consult a medical professional or healthcare provider if you are seeking medical advice, diagnoses, or treatment.*