

## HOW TO Dilate YOURSELF USING CLEAN TECHNIQUE

1. Gather the necessary equipment: towelettes (or a soapy washcloth and a wet washcloth for rinsing), a towel, a container for collecting the urine (if toilet is not available), water-soluble lubricant, and a blue dilator
2. Wash your hands, then assume a comfortable position in bed or on the toilet. If you are in bed, place a towel under your hips to protect the bedding.
3. Wash the head of the penis with a towelette or soapy washcloth. Then rinse with a wet washcloth.
4. Apply lubricant to a clean paper towel then lubricate about six inches of tubing. If you lubricate more than that, you may have trouble holding the catheter firmly as you insert the catheter. Use a WATER soluble lubricant such as **KY Jelly**.
5. Use your nondominant hand to hold the shaft of the penis straight and upward. This position makes insertion easier.
6. Hold the dilator in your dominant hand and insert it into the urinary opening about eight to ten inches into the bladder.
7. Remove the dilator. **Use a new catheter each time.**

### ***Protocol:***

- 1. Dilate every day for 4 weeks**
- 2. Dilate every other day for 4 weeks**
- 3. Dilate every week for 4 weeks**

***If you have difficulty inserting the catheter go to the previous step. If no difficulties and you finish the protocol you may stop use of the catheter.***

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