



Adult and Pediatric Urology

SELF-REMOVAL OF CATHETER INSTRUCTIONS

Your physician has instructed you to remove your urinary catheter on the morning of _____.

To Remove Catheter

1. Wash hands with soap and water.
2. You must deflate the balloon in catheter before removing catheter.
The balloon may be deflated 2 ways:
 - A. Have your physician provide you with a syringe. Attach syringe to the balloon port of the catheter. This port is the short “Y” shaped section on the side of the catheter. Insert syringe into port and gently pull back the plunger. This removes the water and deflates the balloon. You should remove approximately 10 cc of fluid from the balloon.
 - B. The second method of deflating the balloon is to cut the balloon port off with scissors. About 2 teaspoons of water will drip out. Once water has stopped dripping, gently pull the urinary catheter out of your bladder.
3. This action often creates a desire to urinate.
4. If catheter fails to come out easily, or no water has come out, repeat step #2. If the catheter still is not coming out easily, stop and call the doctor’s office. **DO NOT JUST PULL THE CATHETER OUT.**
5. After the removal of the catheter, you may experience some burning and frequency of urination over the next couple of days.

Contact your physician if you have not urinated within 5 hours after removing the catheter. It is very important that you drink at least 8 ounces of water every hour until you urinate. If you have any questions, please do not hesitate to call the office.