

"Double J" catheter

Instructions to remove your catheter with removal wires

Remove your catheter on:

What is a Double J catheter?

The Double J catheter is a small, flexible tube that runs from the kidneys to the bladder. It is used to facilitate the drainage of urine into the bladder.

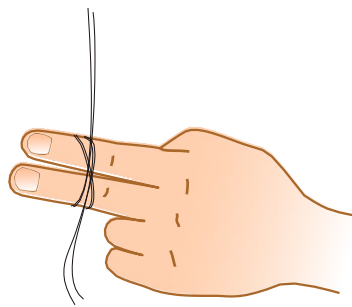
- It measures on average 24 cm.
- It can be of different colors.
- It is about the size of a spaghetti.
- It is installed in the operating room by the doctor.

How to take care of your catheter?

- Two small black wires are fixed onto the penis (in men) or onto the pubis or thigh (for women).
- Check the wires often and re-attach them as needed.
- Do not pull on the wires except when removing the catheter.
- Do not bathe or shower until your catheter is removed. Wash at the sink.

How to remove your catheter?

- Wash your hands.
- Sit on the toilet. You can also lay on your bed with a clean towel under your bottom.
- Peel off the black wires. Never cut them.
- Wrap the two threads around your fingers.



- Gently pull on both wires at the same time and steadily to remove the catheter.
 - If you feel strong resistance, stop pulling on the wires and go to the nearest emergency room.
- Dispose of all medical equipment in the trash.
- Clean your genitals with warm water and soap and rinse well.

Monitoring after removing your catheter

- After removing the catheter, you may feel discomfort in your lower back or stomach. This pain goes away quickly (about 15 minutes).
- There may be a little blood in your urine, but it goes away quickly (a few micturitions).
- Avoid drinking too much fluid. You can drink normally.

Contact your doctor or go to the nearest emergency room if you have:

- chills and/or fever (38.5°C or 101°F and higher)
- lower back or stomach pain that continues for more than 30 minutes after the catheter is removed
- more blood in your urine
- burning that increases when you urinate
- urine that smells bad, is cloudy or has a bloody tinge to it

The content of this document was developed by the CHU de Québec and adapted by Montfort.

713 Montreal Road, Ottawa, Ontario
T 613.746.4621 hopitalmontfort.com