

How to remove your urinary catheter

Remove your urinary catheter on _____ (date)

1. Wash your hands.
2. Note the amount and colour of the urine.
3. Empty the drainage bag into the toilet.
4. Sit on the toilet.
5. Insert the tip of the syringe into the catheter valve.
6. Gently turn the syringe in the catheter valve (balloon valve).
The catheter has two ports: one drains urine and the other deflates the balloon.
7. The balloon valve is usually coloured at one end.
8. Allow the fluid to drain into the syringe (usually 5–30 mL).
9. Bear down as if urinating and gently pull to remove the catheter.

If you feel resistance

- Stop pulling on the catheter.
- Check for remaining fluid using the syringe. Do not push the plunger.
- Try removing the catheter again.
- If resistance persists, contact the post-surgical remote monitoring paramedic or go to the emergency department.
- Dispose of all medical equipment in the garbage. Wash your hands and genital area with warm water and soap, then rinse thoroughly.

Advices

- Mild irritation may occur and usually resolves within a few days.
- Drink 2 to 3 glasses of water immediately after removal.
- You should urinate within a few hours. Do not wait more than 6 hours.
- If you are unable to urinate, place a warm cloth on your lower abdomen, run water, or soak your fingers. If still unable, go to the emergency department or contact the paramedic.

