

BLADDER DRAINAGE AFTER YOUR REZUM PROCEDURE:

If you have a catheter in place, returns for catheter removal in 7-10 days or as directed by your doctor.

If you DID NOT have a catheter placed, for the first 7-10 days after your rezum procedure, 15-30% of patients may have difficulty voiding. In order to drain the bladder, you have been given instruction on intermittent catheterization to ensure you are able to keep your bladder drained and comfortable if you can not urinate after the procedure.

Intermittent Catheterization

In some people, a catheter can be inserted to drain urine as needed and then removed right away. When this is done periodically, it is called intermittent (in-ter-MIT-tent) catheterization (kath-eh-ter-iz-AY-shun).

Many people can learn to do this on their own. Doing it yourself is called “self-catheterization.”

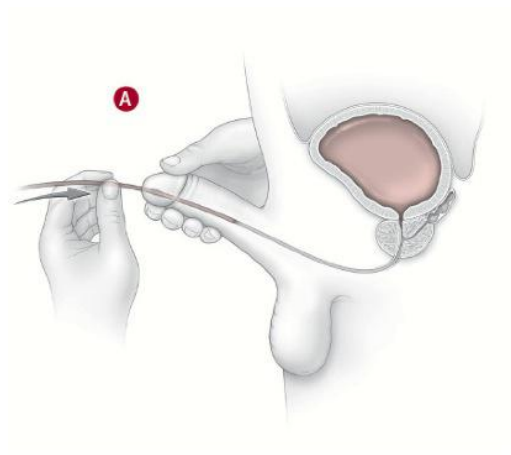
A “Clean” Procedure

When you “cath” yourself at home, it is called a “clean” procedure. **This means you must keep everything as clean as possible.** You will not need to sterilize anything.

Items You Need

Below is a list of the items you will need:

- 2 clean wash cloths that are warm and wet
- Soap from a pump dispenser
- A catheter (provided by the office at the time of the procedure)
- A dry pad or towel



How to Use the Catheter

1. Gather all of the supplies you need.
2. Wash your hands well.
3. Get into a comfortable position. Place a towel or water-proof pad under you.
4. With a wash cloth, wash the tip of the penis with soap and water. If uncircumcised, pull back the foreskin. Then wash the tip of the penis with soap and water and a wash cloth.
5. Rinse with the second wash cloth.
6. Put lubricant on the tip of the catheter.
7. Hold your penis straight out on mild stretch as in the picture. Look at the opening. If necessary, pull back the foreskin to see the opening.
8. With the other hand, push the catheter into the opening until the urine flows. If there is resistance, use firm but gentle pressure. **Do not** force the catheter.
9. Allow urine to flow into the urinal or pan.
10. When the urine flow stops, pull out the catheter **slowly**. This allows the lower part of the bladder to empty.