

### **Patient Instructions for Self Removal of Urinary Catheter**

Your doctor has instructed you to remove your urinary catheter between 8 and 9 AM on:

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#### ***To Remove the Catheter:***

1. Wash hands with soap and water.
2. **You must deflate balloon in the catheter before removing catheter.**
3. The balloon can be deflated as follows:

Find the Balloon port of the catheter. The short “Y” shaped section on the side of the catheter. With scissors, cut the port off:



About 2 teaspoons of water will drip out. Once water has stopped dripping, gently pull the urinary catheter out of your bladder.

4. This action often creates a desire to urinate.
5. If catheter fails to come out easily, or no water has come out, repeat step 3. If the catheter still is not coming out easily, stop and call the office 714-639-1915. **Do NOT just pull catheter out.**
6. After removal of the catheter, you may experience some mild burning and frequency of urination over the next couple of days.

Contact the office 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 don't hesitate to call us.