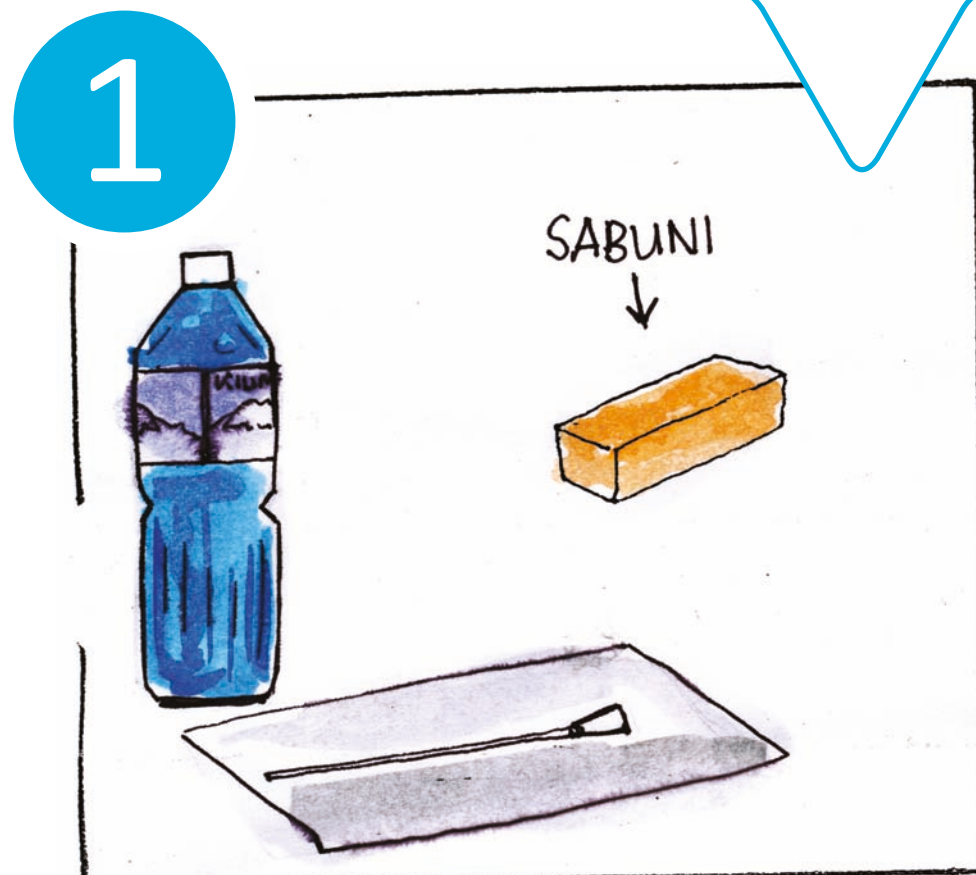


Catheterization

for Girls

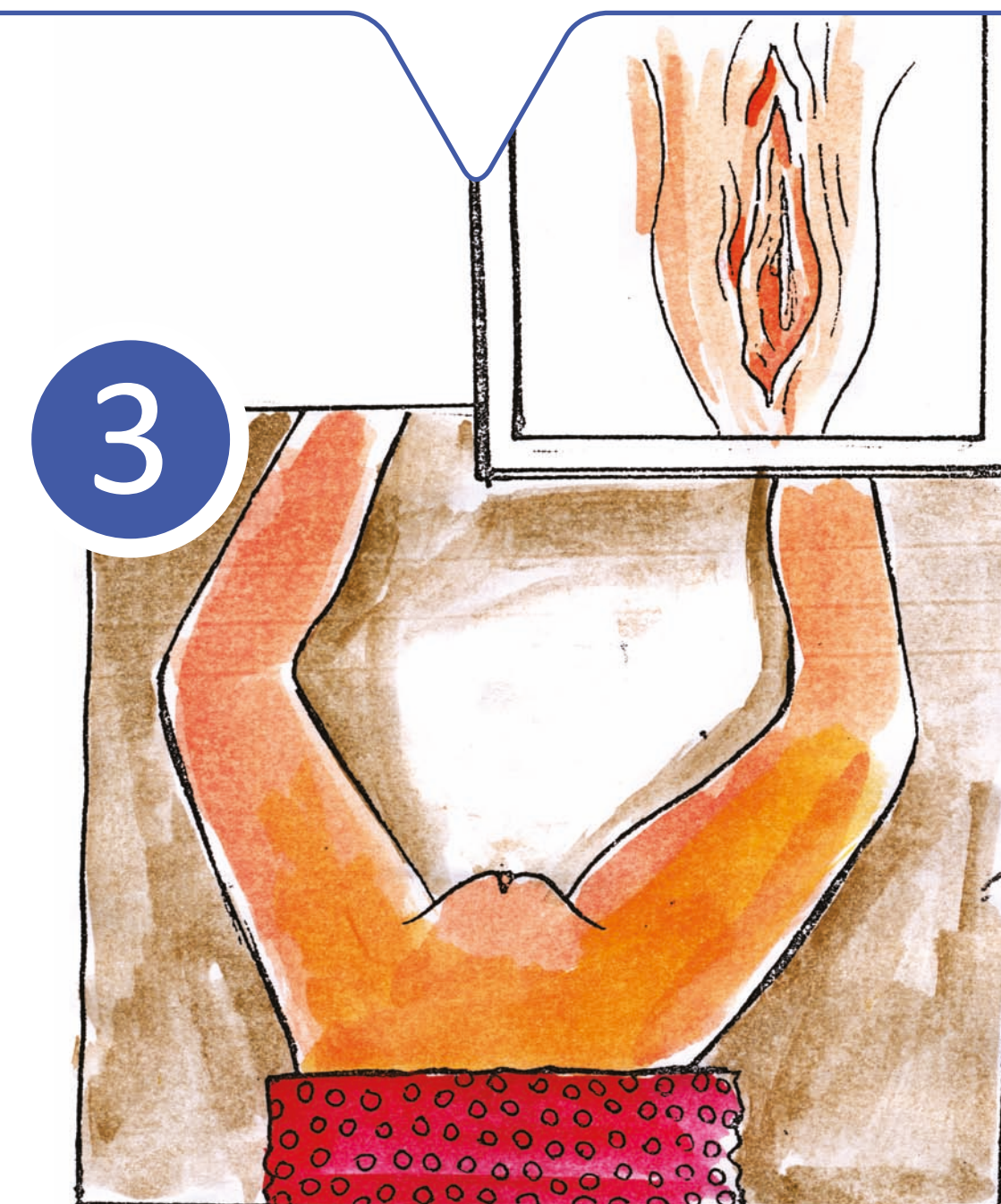
Make sure that you have everything you need.



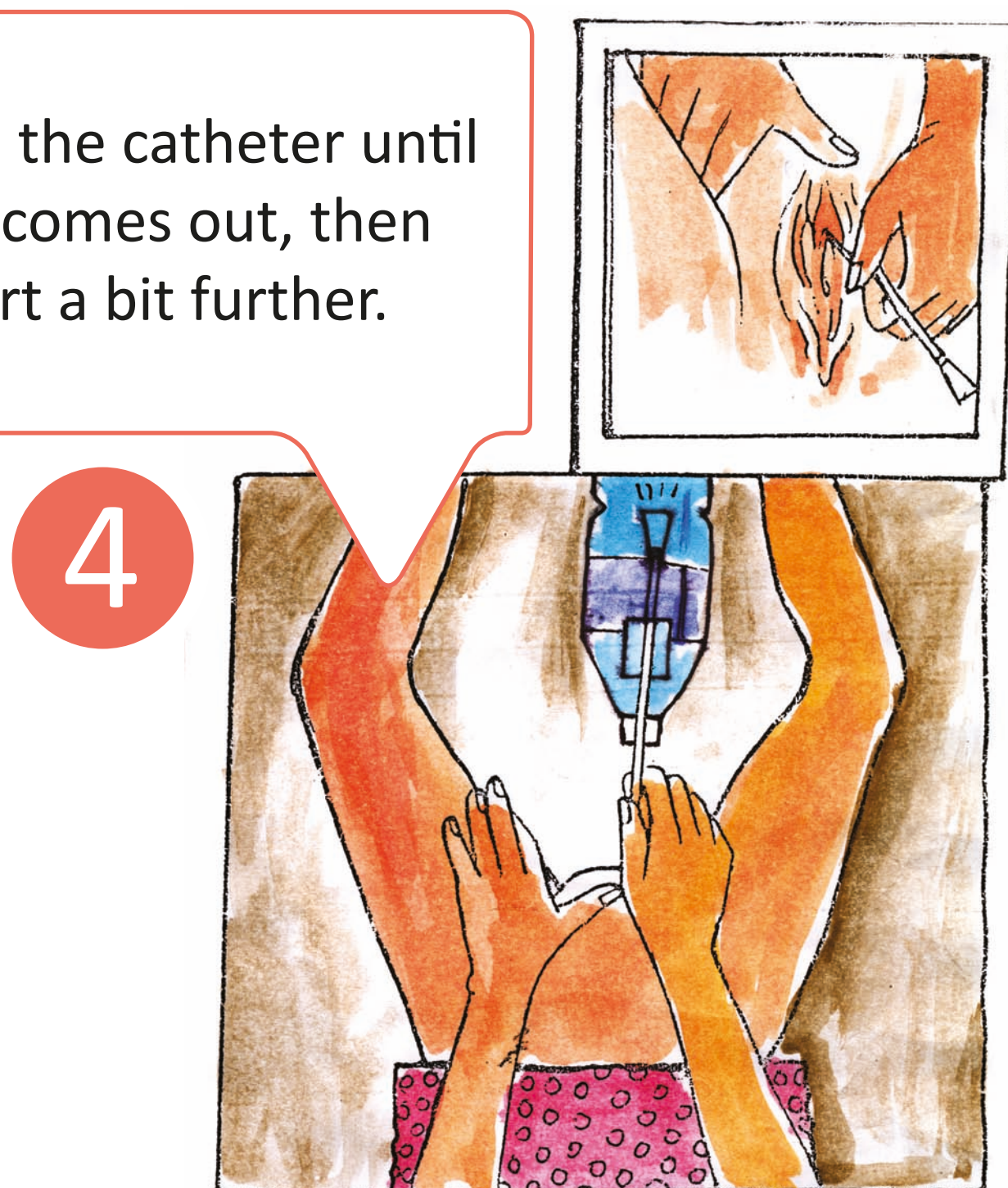
Wash your hands with water and soap.



Sit or lie down so you can spread the labia. Localize the urethra by feeling or by using a mirror.

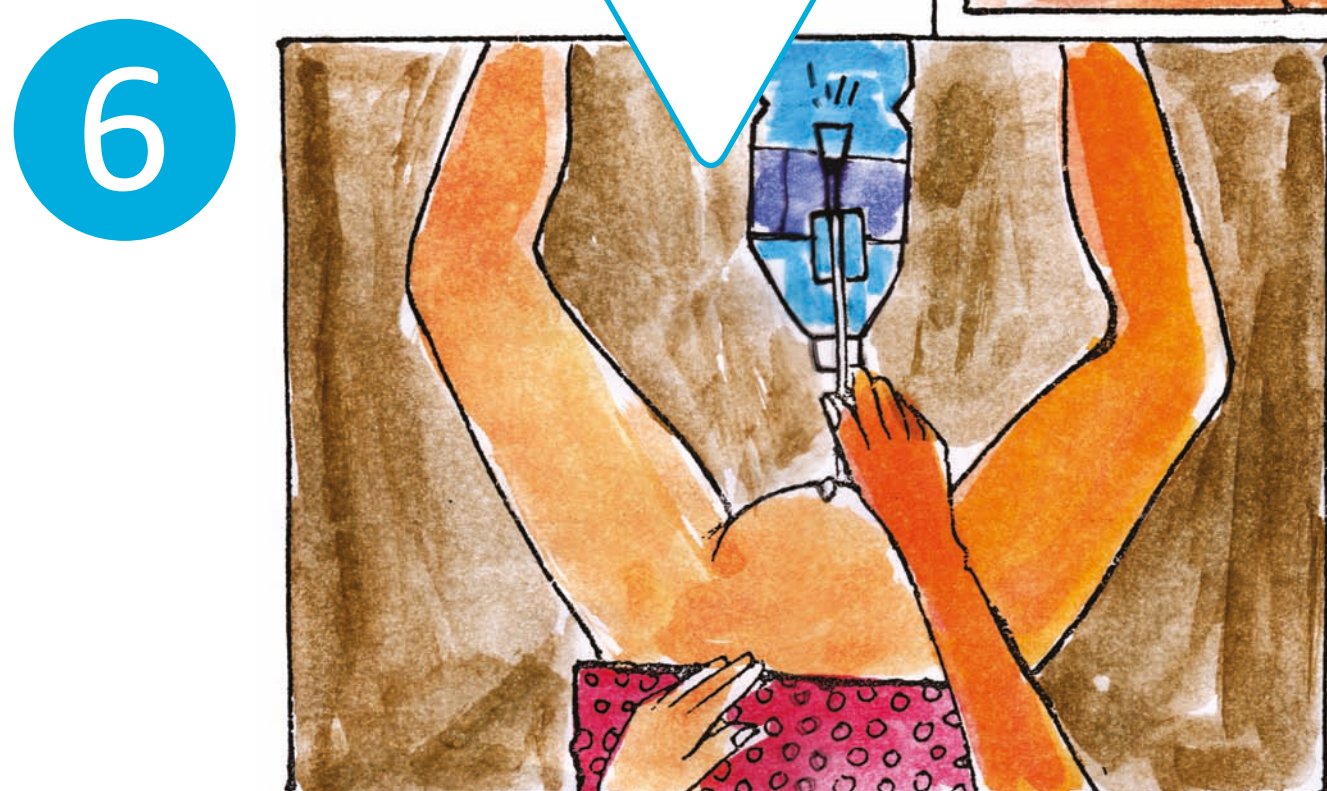


Bring in the catheter until urine comes out, then insert a bit further.



Wait until all urine has flown out and hold the catheter downwards.

Push on the pubis (*above genital area*) for the last drops of urine. Withdraw the catheter by turning it slowly.



Wash your hands with water and soap.

The bladder needs to be completely empty!