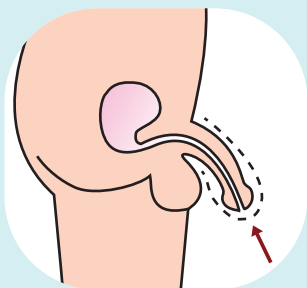


9 用清水，即棄濕紙巾或清潔濕毛巾清潔周圍皮膚，穿回褲子。

Use water wet tissue paper or wet towel to clean up surrounding skin before putting on your pant.



10 清理所用物品，再清潔雙手。

Clean up all material and wash hands again.



自助導尿步驟 (男性)

Steps of Intermittent Catheterization (Male)

注意事項 Important Points

- 請先接受醫護人員的導尿訓練，方可進行自助導尿術。
Please receive training by doctor/nurse before performing self-catheterization.
- 導尿前可先自行排尿，評估排尿功能，有需要方進行自助導尿。
Try self-voiding and assess self-urination function before performing need based self-catheterization.
- 若未能自行排尿，自助導尿需有定時習慣，一般每天4-6次，每次相隔4-6小時，以免尿瀦留引致腎臟受損。
If self-urination fails, self-catheterization should be done on regular basis, 4 to 6 times a day, every 4 to 6 hours, so as to prevent urinary retention affecting kidney function.
- 如導尿管較難插入，可先停5-10秒及把喉管拉出2厘米，然後再慢慢嘗試。
If having difficulty on inserting urinary catheter, you can stop for 5 to 10 seconds, pull out 2 cm of the catheter and try inserting again slowly.
- 鼓勵每天飲用6-8杯水，至少1.5公升，用肥皂和清水清潔尿道口，保持清潔衛生，有助減少尿道感染。
To prevent urinary tract infection, use soap and clean water clean the urethral opening and drink 6-8 glasses of water daily (at least 1.5L/day).
- 若有下列情況，請立即就醫求診：
To seek for medical advice if you notice:
 - 發燒或發冷。
Fever or chills.
 - 膀胱或小便赤痛。
Bladder pain or dysuria.
 - 小便帶血、混濁或有惡臭味。
Blood in urine, cloudy urine or urine with foul smell.
 - 小便量少而膀胱仍感脹滿有尿意。
Less urine amount as usual and having bladder distension.
 - 不能插入或拔出導尿管。
Cannot insert or pull out the urinary catheter.

請每次使用新導尿管作導尿。一般用Nelation Catheter 8-12號。

Use a new catheter every time; usually use Fr. 8-12 of Nelation Catheter.



男性自助導尿步驟

Steps of Intermittent Catheterization for Male

需用物品

Material to use :

- a) 導尿管 Urinary catheter
- b) 潤滑劑 Lubricant K-Y jelly
- c) 量杯 Measuring jar
- d) 即棄濕紙巾/清潔濕毛巾
Disposable wet tissue paper or clean towel



2 可先自行排尿評估排尿功能，然後自助放尿。

Try self-voiding and assess self-urination function before self-catheterization.

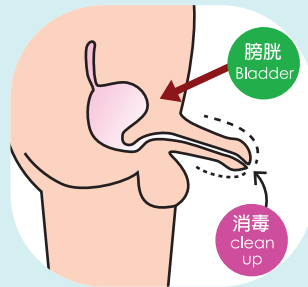


3 清潔雙手。 Wash hands.



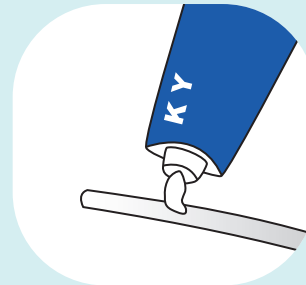
4 用肥皂及清水，清潔尿道口，及周圍皮膚。

Clean up the urethral opening and surrounding glans after retracting the foreskin with soap and water.



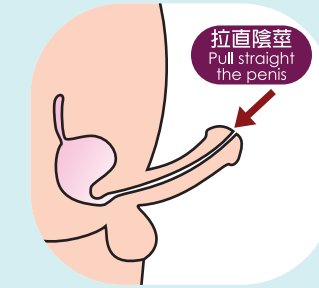
5 用少許潤滑劑，潤滑導尿管。

Lubricate the catheter with appropriate amount of K-Y jelly.



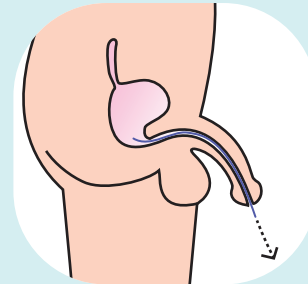
6 將陰莖向上提起，拉直，輕輕將導尿管插入尿道，直至有尿液流出。

Lift up and pull straight the penis, insert the catheter into the urethra gently until urine passes out.



7 扶定導尿管，放下陰莖，直至尿液流清。

Hold the catheter, let the penis down and urine flow out.



8 輕按下腹，放清瀦留的尿液後，拔除導尿管。

Press on lower abdomen gently so as to facilitate the passing out of residual urine, then remove the catheter.

