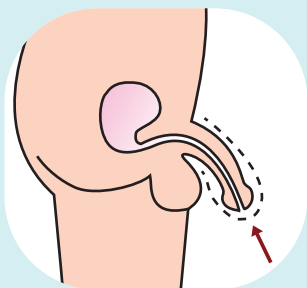


## 9 用清水，即棄濕紙巾或清潔濕毛巾清潔周圍皮膚，穿回褲子。

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)

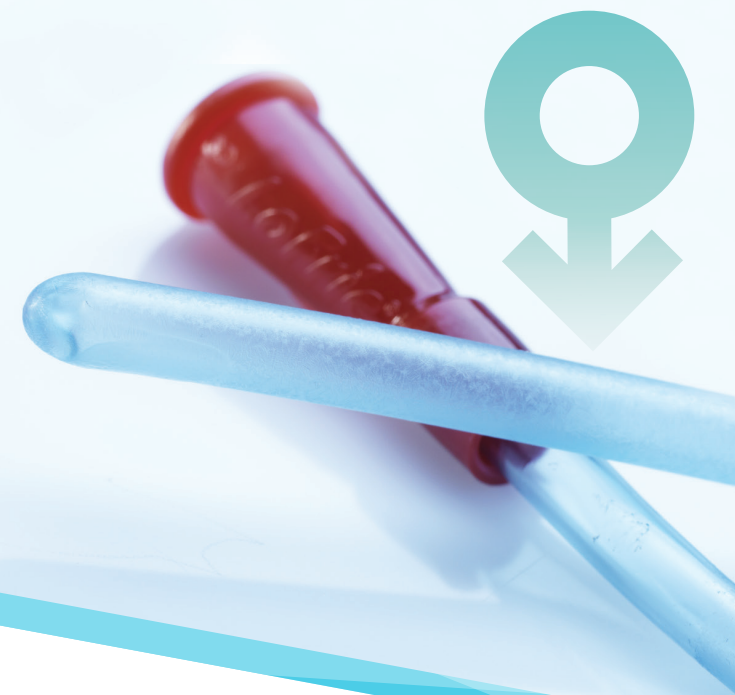
Steps of Intermittent Catheterization (Male)

### 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。  
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.

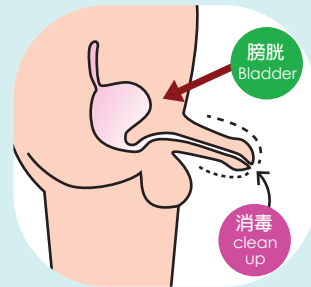


## 3 清潔雙手。 Wash hands.



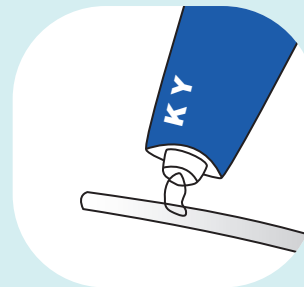
## 4 用肥皂及清水，清潔尿道口，及周圍皮膚。

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



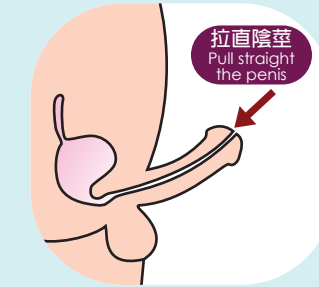
## 5 用少許潤滑劑，潤滑導尿管。

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



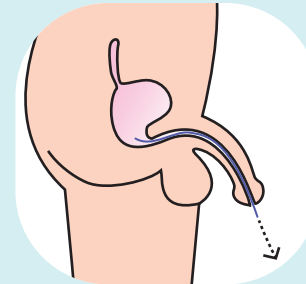
## 6 將陰莖向上提起，拉直，輕輕將導尿管插入尿道，直至有尿液流出。

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.

