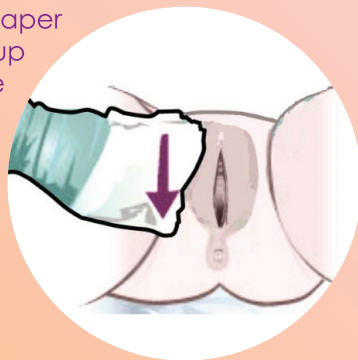


9 用清水，即棄濕紙巾或清潔濕毛巾 清潔周圍皮膚，穿回褲子。

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



10 清潔所用物品，再清潔雙手。

Clean up all material and wash hands again.



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 failed, 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.



自助導尿步驟 (女性)

Steps of Intermittent Catheterization (Female)



全人醫治 We provide holistic
盡心關懷 & compassionate care

女性自助導尿步驟

Steps of Intermittent Catheterization for Female

需用物品

Material to use :

- 導尿管 Urinary catheter
- 潤滑劑 Lubricant K-Y jelly
- 量杯 Measuring jar
- 鏡子 Mirror
- 即棄濕紙巾/清潔濕毛巾
Disposable Wet tissue paper or clean towel



1

2 可先自行排尿評估/排尿功能，然後放尿。

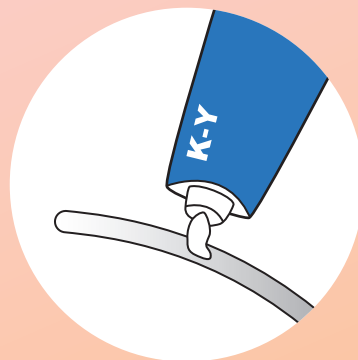
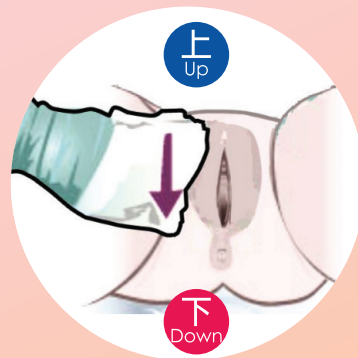
Try self-voiding and assess self-urination function before intermittent catheterization.



3 清潔雙手。
Wash hands.

4 用即棄濕紙巾/清潔濕毛巾/肥皂及清水，由上而下，清潔大小陰唇、尿道口及周圍皮膚。

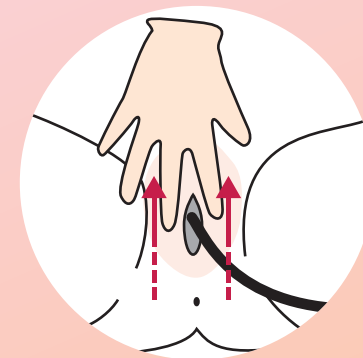
Use wet tissue / clean towel / soap and clean water to clean up the labia, urethral opening and surrounding area.



5 用少許潤滑劑，潤滑導尿管。
Put appropriate amount of K-Y jelly to lubricate the catheter.

6 在鏡子前，用一隻手分開大小陰唇，並略向上提，以露出尿道口，另一隻手則輕輕插入導尿管，約2-5厘米。

Put the mirror in front of you; use one hand to separate the labia lifts them up gently to expose the urethral opening. Use another hand to insert the catheter into the urethra slowly and gently. Insert every 2-5cm each time.



當尿液流出時，請停止推進導尿管。7

Please stop advancing the catheter when urine passing out.

輕按腹腔，放清餘下尿液，然後移除導尿管。8

Press on the abdomen gently in order to pass out all the urine, then pull out the catheter.

