

# Catheter Removal Instructions

Please follow the following steps to remove a catheter:

1. Identify the “Balloon Port” at the end of the catheter (see diagram). It has a colored valve on the end and has several numbers printed on the colored valve. This is the part of the catheter that holds the water in the retention balloon at the tip, which is inside your bladder.
2. Cut the valve off the “Balloon Port”. Do this by cutting the neck of the tube just behind the valve. The valve will come off and water will trickle out of the tube. This is the clean water that was inside the balloon at the tip of the catheter.
3. Wait for the water to trickle out. When it stops, the balloon inside your bladder has been deflated.
4. Pull the entire catheter out with a steady pull. Do not jerk it or yank it out-if you do, it will come out but it will be uncomfortable.
5. Throw all the tubing and the collection bag away.

Tips from experienced patients:

- Lubricating the catheter with KY jelly helps reduce discomfort.
- Removing the catheter in the shower with warm water running on you makes it less uncomfortable (and it makes it less of a mass). If you do this, we suggest doing it sitting down to avoid falling or injury.



