



Mizra Medical

Helping People in Challenging Situations

Frequently Asked Questions on use of Male External Catheters:

1) How do I decide which size catheter I need?

The size of the Mizra's External Catheter (25mm, 30mm, 35mm, and 40mm) is the diameter of the sheath. Measure the shaft of the penis behind the glans then choose the catheter size that most closely matches the diameter of the penis.

2) How do I apply the catheter?

Unroll the catheter one turn to leave 1- 1 1/2 cm gap between the top of the penis and the end of the catheter. This is especially important for uncircumcised users who should also leave the foreskin over the head of your penis when applying the catheter. This will prevent having it caught in the adhesive. Unroll the catheter evenly over the head of the penis and down the length of the shaft of the penis. A leg bag is then attached to the catheter by placing either the end of the leg bag tube or and extension tube into the nozzle at the tip of the catheter.

3) How do I attach the catheter to the penis?

When the catheter is not self adhesive, the user has a variety of choices including liquid adhesives, adhesive strips and reusable straps.

Mizra offers three solutions:

Double sided adhesive strips which are wrapped in a diagonal spiral around the base of the clean dry penis before the catheter is applied. The catheter is then rolled down the penis and over the adhesive strip. Because these strips come in contact with the skin, Mizra offers strips with extra gentle, hypoallergenic **hydrocolloid adhesive**. Gently stretch the hydrocolloid strip before applying to activate the adhesive.

Single sided adhesive strips are wrapped around the outside of the catheter at the base of the penis once the catheter has been placed on the penis.

Finally, Mizra offers a **Safe and Secure** reusable strap. This foam strap with a Velcro fastener which is washable and reusable. The strap is an alternative to adhesives for holding the catheter in place. The Safe and Secure Strap is wrapped around the outside of the catheter at the base of the penis

4) How do I choose a method to attach the catheter?

The method chosen should be based on personal comfort. It is very important to choose methods that will not constrict the blood flow through the penis. Cloth adhesive tapes are not recommended because they do not flex with the changes in penis diameter and can cause constriction of the blood flow.

5) How can I prevent pubic hair from being caught in the catheter or the adhesive attaching the catheter when applying the catheter?

Using a sheet of paper towel can provide a quick and easy solution. Cut or tear a slit in the middle of the paper towel sheet small enough to just accommodate the penis. Slip the paper towel over the penis and down to the base of the shaft prior to applying the catheter. This sheet of paper will provide a barrier between the pubic hair and adhesive to prevent any hairs from being caught in the catheter or adhesive.

6) I am uncircumcised. How should I apply the catheter?

It is important is for the uncircumcised males to make sure the foreskin stays down in place over the head of the penis when applying the catheter. This prevents painful swelling of the foreskin tissue.

7) How often should I change the catheter?

The catheter should be changed daily. A convenient time is during your bath or shower using extra soap and warm water to remove any adhesives. If possible allow the penis to air dry and leave penis bare for a period everyday to prevent skin irritation.

8) My catheter comes off because of surges in my urine flow. What can help?

Leave a little collection space between the head of the penis and the inside end of the sheath. This reservoir will allow a larger volume of urine to pass through without backing up into the catheter.