



# Cathing Habits

To keep your bladder and kidneys healthy

1. Drink fluids. It's especially important for bladder exstrophy patients to drink plenty of fluids every day.



2. Wash your hands. Always wash your hands before and after cathing and you'll reduce your risk of urinary tract infections.



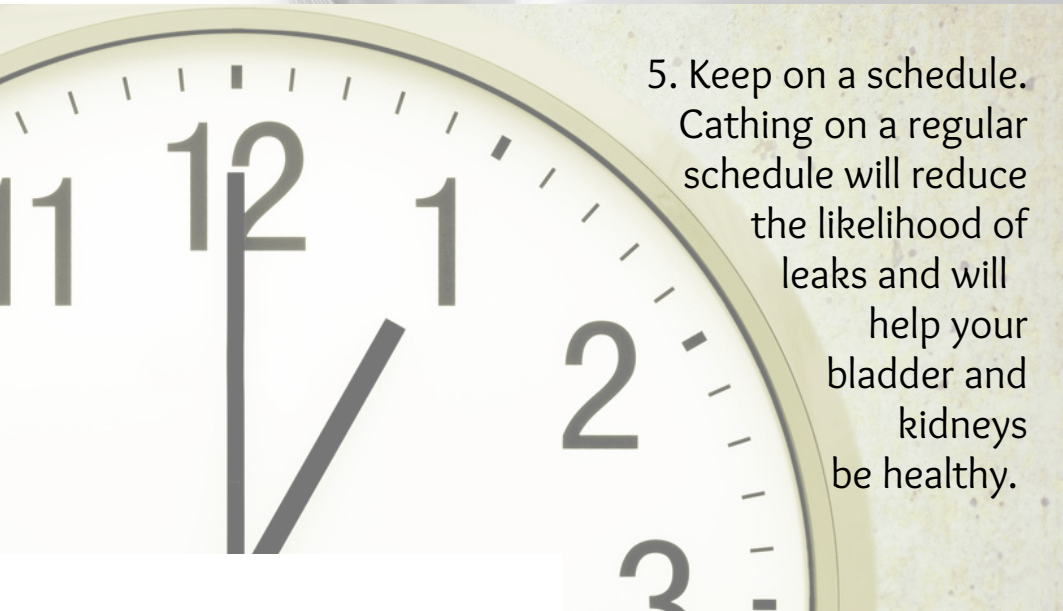
3. Clean the area. Clean the stoma or urethra area with a baby wipe or soap and water before inserting your catheter.



4. Discard or wash the catheter. If your catheter will be reused, wash with soap and water and let it air dry.



5. Keep on a schedule. Cathing on a regular schedule will reduce the likelihood of leaks and will help your bladder and kidneys be healthy.



6. Cath before sports or travel. Empty your bladder before playing sports or taking a long car or plane ride.



7. Flush with saline solution. Flush your bladder regularly with a saline wash as recommended by your doctor.



8. Sample new catheters. Advancements in catheter designs and technology mean more comfort, privacy and ease of use.



Association for the Bladder Exstrophy Community

[www.bladderexstrophy.com](http://www.bladderexstrophy.com)