

Subject: Painless Removal of External Male Catheter? (ouch)

Date/Time: 21:12 25 April 2006

Ever since my first contests and XC flights I have been wearing an external male catheter. Putting these things on is easy. Taking them off is another matter altogether. I know they have to be sticky or they might fall off at an inopportune time but jeez-la-wheez they sure can stay stuck and are a literal pain to remove.

So what is the secret to pain-free removal of an external male catheter? Any other advice on usage is welcome.

- Anonymous

Selection of suggested solutions, without authors names

A little bit of baby powder on the, eh, attachment point will make removal easy. Don't put too much on or it won't stick enough.

Take it off in the shower or wet it a bit.

Really now, just be a man...

Not all catheters are the same. Last year I ordered a bunch from Zee Medical. After trying the first one, I returned them all. The adhesive was WAY too aggressive! I then ordered the ones I had been using- Standard Care from Mentor Corp. (Available from Quality Medical Supplies (www.qualitymedicalsupplies.com)). Item # 76-9400. These are the 35mm size- other sizes are available. Price was \$1.13 ea. in quantities of 100. Over \$100, they pay shipping.

The adhesive is not as tough to remove as the silicone catheters from Zee. I thought I was going to have to regularly replace non-replaceable equipment with those:-). All is well now.

he secret is the same as the secret for removing bandages. No, not Acetone--not *there*!

The secret is counter-traction. Gently lift a bit of catheter from the skin-(the last bit is not adhesive coated), then pull the catheter material gently towards "off", while gently pulling the skin towards the body. No need to pinch it, just a bit of thumb pressure and pull toward the body. Stay close to the catheter with the skin thumb, and as the catheter comes off, advance the thumb incrementally. A deep breath helps! Hope that helps.

I must not be as masochistic as you guys...one try with the sticky ones, and I did a search and found velcro reusable straps...verrrry much better, no removal issues.

- After a couple of seasons of using non-adhesive male catheters, I ordered some with adhesive and when they arrived in the mail, promptly tried on.....it took the next 40 minutes or so to remove it! Needless to say this was a scary experience. I called my sister-in-law, who is a nurse, who after a few minutes of laughing, told me she'd find out what they used to remove these things at the hospital. The answer is a product called "detachol" (www.detachol.com). Available wherever you are sourcing the catheters. A small amount on a q-tip will make removal painless and easy. Most flights I don't seem to need it, but when I do, I'm sure glad I have some in the car!

Mentor has two different lines. The Standard Care is the one I use. I was advised that the Active Care line is the one with the more aggressive adhesive.

The Zee Medical catheters were almost impossible to remove- It took a long hot shower and substantial swearing. And even then there was adhesive residue left. Wish I'd known about the detachol. I wasn't going to risk any of the solvents I rely on in fiberglass layups, paint removal or metal prep. The concept of "You First" is highly developed in aviation, and I believe in it.

The best way to feel no pain at the removal of an external catheter is a two-step process. Best done at the crew vehicle on the side which

does not face the office, flight line, etc.

1. Slam your fingers in the door of the car.
2. Whilst jumping up and down screaming "AAAAAAAARRRRRRRRRRRR!" (or similar), quickly remove the catheter with the other hand.

OR

1. Use a non-aggressive adhesive catheter as described above.
2. Trim excess hair before use.

Swearing is only optional in this method.

Thanks, Dave. Will look for Detachol, sounds good.

I bought some medical adhesive remover this year thinking OK, I will buy the product made by the catheter manufacturer, this has to be good right? Well it is acetone on a pad! The neighbors had to hear the scream, things turned a bright red for awhile. I threw the rest away. I'd like to attend a shareholder meeting and ask the president of the company to try his own products :-)

I've been getting them on-line from an outfit called Stadium Pal. They are resellers; the actual maker is identified on the package. They come off reasonably painlessly unless I'm careless and capture some hair. I generally leave the condom portion in place until I get home or to the motel and shower.

Tightly pinch the tube downstream of the catheter while peeing. It will first inflate like a balloon, then detach itself painlessly in a cockpit shower of yellow rain. Don't ask how I know!

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Been there. Done that!

I've tried several brands including some of the Mentors and found most of the adhesives to be too aggressive. I've ended up using "Mentor Clear Advantage with Aloe". Look for the "with Aloe", I found these were sticky enough not to come off or leak yet not too difficult to remove.

> *Not all catheters are the same.*

Yes, I have found that they fall into two categories, the kind that don't stay on, and the kind that don't come off. After too many bad experiences with the ones that don't stay on, I've switched the the ones that don't come off.

So, how many weeks can you leave one on before replacement is required?

This is a very important question and I have been including it on all Biennial Flight Reviews. The correct answer is of course, "it may remain in place up to but not including the date of the next BFR or until circulation ceases, whichever occurs first" [14 CFR 91.1444 (6) (ii)].

I also require all students to demonstrate catheter removal proficiency during 200 foot simulated rope breaks. I find that this really keeps 'em on their toes.

Are you prepared for your next Biennial Flight Review?
