

Male External Catheter Sizing Guide

Two ways to self-measure:

This page must be printed full size on 8 1/2" x 11" paper, with page scaling turned off.

- 1** • Cut out star-shaped guide below.
 - Drape fully-relaxed penis into each half circle, measuring at the base.
 - If between sizes, choose the larger size.
- 2** • Cut out measuring tape at bottom of page.
 - Wrap measuring tape around center of relaxed penis to measure circumference, then divide result by 3.14.

Example: $12\text{cm}/3.14=3.8\text{cm}$ (38mm)



To confirm guide printed at the correct size, place a quarter above.

