

# Male External Catheter Size Guide

## How to determine your Male External Catheter Size

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### Option 1:

Cut out the guide located on the right side of this page along the dotted line. Place the guide over the flaccid penis behind the head and choose the size that fits best.

### Option 2:

Cut out the measuring tape, and place it around the flaccid penis behind the head. Measure the circumference of the penis and then divide the result by 3.14. Eg: 12cm / 3.14 = 3.8cm (38mm).

