

## Clean Intermittent Catheterization (Girls)

**Catheter Size:**

**Catheter Times:**

### What is clean intermittent catheterization (CIC)?

CIC is putting a thin, flexible tube (called a catheter) into the bladder to remove urine (pee).

### Why use clean intermittent catheterization?

Completely emptying the bladder four or five times a day can help meet important goals:

1. Prevent urinary tract infections (UTIs) which may be caused by pee staying in the bladder where bacteria can grow.
2. Prevent backup of pee (reflux) into the ureters and kidneys when the bladder is full which can cause permanent damage.
3. Social continence and avoiding diapers, odors, and skin problems from being wet.

### How do we get started on CIC?

If CIC is recommended, parents will be taught how to perform the catheterization, obtain and care for the supplies, and when to seek follow-up treatment.

### CIC is as easy as ABC!

#### **A = Anticipate needs and gather supplies**

Use a new catheter.

Use a generous amount of water-soluble lubricant (such as K-Y jelly).

If the hydrophilic catheter (water loving) does not come with its own water, use bottled water.

Gather liquid soap, water, and washcloths to wash hands and private areas.

Position your daughter as comfortable as possible—either lying down with knees bent in “frog-like” position or sitting with legs spread apart.

Make sure child is clean and is lying on a clean diaper or towel.

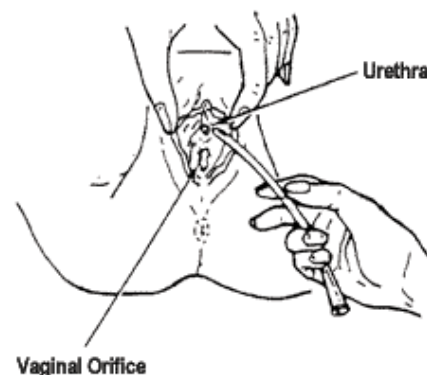
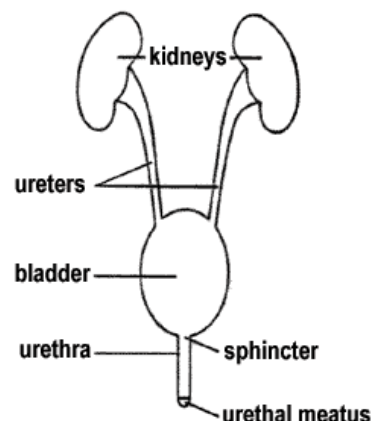
#### **B = Begin**

Wash your hands well with soap and running water and dry.

Lubricate catheter generously.

Or if using a hydrophilic (water loving) catheter make sure the catheter has been covered with water while in its package for 10-30 seconds.

Be careful to avoid touching the tip of the catheter or allowing it to touch other surfaces.



Hold labia open with your non-dominant hand using thumb and forefinger so that you can identify the urinary meatus (small opening of urethra—the tube that leads to the bladder). Wash from front to back three times with soap and water, using a clean area of the clean washcloth or baby wipes. Do not wash up and down over the urethral opening. Repeat the wash two or more times with different areas of the washcloth or baby wipe. Continue holding labia open and insert catheter gently 1 inch beyond the point where urine flows.

Hold catheter in place until flow stops. Have child push with abdominal muscles or sit up to fully empty the bladder.

Remove catheter slowly, rotating slightly. If flow begins, keep tube in that position until flow stops again.

To completely remove, pinch off catheter with fingers and remove. This will prevent urine in the tube from returning to the bladder.

## **C = Clean up**

Place catheter in trash.

Wash catheter and hands with soap and water, rinse well and dry.

## **When CIC joins your family**

Many families find it helpful to keep several sets of catheterization supplies in various places. A small Ziplock bag with clean catheters, lubricant, or antibacterial wipes, and a collection container can be kept in a purse/backpack, the car, and even at the babysitter or relatives' homes.

While the parent or other caregiver usually does CIC for a young child, it will help to explain to your daughter what you are doing, to teach her about the CIC program, and to talk about the expectation that she will do self- catheterization when old enough.

## **What about infection?**

If you suspect a urinary tract infection, contact your doctor. Signs and symptoms include:

- Fever that does not have another obvious cause.

- Abdominal or back pain.

- Pain on catheterization. Bloody urine.

- Decreased amounts of urine.

- Underwear wet between CIC.

Cloudy, hazy urine with a strong smell may indicate increased bacterial growth, but may not require treatment. Talk about this with your doctor.