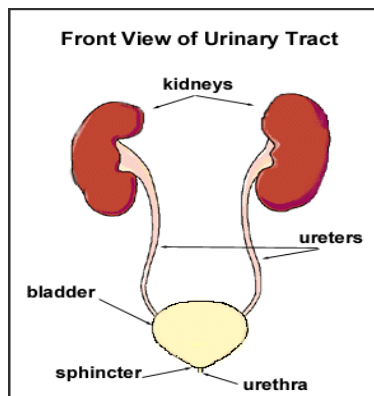


Clean Intermittent Catheterization

What is clean intermittent catheterization?

The body holds urine in the bladder and empties it through the urethra, a narrow passageway leading outside the body. A small tube called a catheter can be inserted through the urethra to help drain the urine. When this is done periodically, it is called intermittent catheterization.



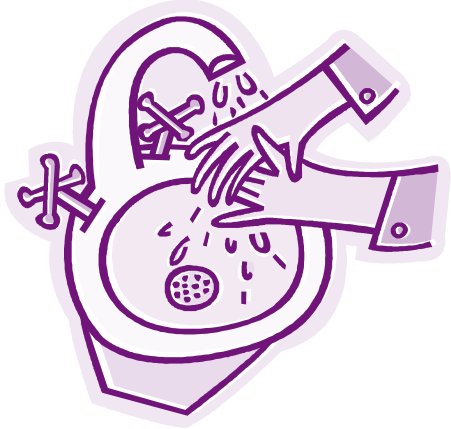
Purpose: Emptying the bladder regularly prevents overfilling of the bladder, which reduces bladder infections, helps control odor and prevents the skin from breaking down. Emptying the bladder helps to achieve toileting skills and improve a child's self esteem.

Equipment:

- Catheter
- Lubricant, if not using a hydrophilic catheter
- Container to collect the urine, if not using a catheter with an attached bag
- Soap and water for personal cleansing (disposable wash cloths similar to diaper wipes are acceptable if gentle on the skin with repeated use)
- Non-sterile latex free gloves (these are optional)

Procedure:

1. Wash your hands. Have your child wash his/her hands if helping or if self-cathing.
2. Assemble your equipment and place in a location for easy access during the procedure; make sure there is enough light to perform the catheterization.
3. Position the child on the toilet, in the wheelchair or in a lying position. Provide for the child's privacy.
4. Put on gloves if using them.
5. Wash the external genitalia with plain tap water. Mild cleansing wipe or diaper wipe may be used. Use cleansers only if the area is contaminated by stool and be sure to rinse thoroughly with plain tap water to avoid chemical irritation. Your physician may order cleaners if repeated infections are reported.
6. Lubricate the catheter with a water-soluble lubricant. If using a hydrophilic catheter, open the package and fill with tap water and then wait 30 seconds. Some hydrophilic catheters are pre-lubricated and do not require water for lubrication. Check with your nurse or physician for specific instructions related to the catheter you are using.
7. On a girl, separate the labia. On a boy, hold the penis upright and away from the body and insert the catheter into the urinary meatus (urinary opening). Pass the catheter forward with gentle steady pressure until urine flows. Then gently push the catheter in one half to one inch further. Be sure the other end of the catheter is in the collection container before fully inserting the catheter.
8. Encourage the child to relax, laugh, or take a deep breath to help pass the catheter.
9. Hold the catheter in place until the urine flow stops completely. Pinch the end of the catheter and then slowly withdraw it from the urethra.



10. Discard the urine and rinse the container. If using a collection bag, tie a knot in the bag and discard.
11. If using a new catheter with each procedure, discard the catheter.
12. If reusing the catheter, wash the catheter with soap and water, let air dry, and store in a clean location. Catheters lubricated with water, such as hydrophilic catheters, are not designed for reuse.
13. Wash your hands after catheterization.

Call the doctor right away if:

- Temperature reaches higher than 101°F (38.4°C)
- You have trouble inserting the catheter
- Your child experiences unusual discomfort while inserting catheter
- There is unusual drainage from the urethra or around the catheter
- Foul smelling urine
- You see blood in the urine, cloudy urine or sandy particles in the urine
- There is decreased amount of urine



Try drinking extra water for 24 - 48 hours to try and take care of these symptoms. Also report any stomachache, backache or decreased appetite.