# Let's Talk ABOUT...

## Clean intermittent catheterization for girls

### What is clean intermittent catheterization?

Clean intermittent catheterization (CIC) is a way to drain urine from the bladder. This can prevent some medical problems and can help keep your child continent (dry).

#### Why does my child need CIC?

Your child's doctor has decided that she should have clean intermittent catheterization (CIC). The doctor decided this through x-rays and other tests.

#### How will I know how to do CIC?

A nurse will demonstrate and teach you CIC. The nurse will be available if you need follow-up. Feel free to call with any questions or concerns. At first you may feel very nervous or clumsy performing this procedure. This is very normal and you won't feed nervous or clumsy after practice. Many families worry that it is a painful procedure and they could injure their child. This is not usually the case.

#### How often do I do CIC?

How often you perform CIC depends on your child. The doctor or nurse will explain the schedule. Usually, you will do CIC every two to four hours from early morning until bedtime. Unless your doctor tells you differently, you don't have to perform CIC at night. Make certain you do CIC at bedtime. The amount of fluids your child drinks will affect how often you perform CIC, but don't restrict fluids to keep your child dry.

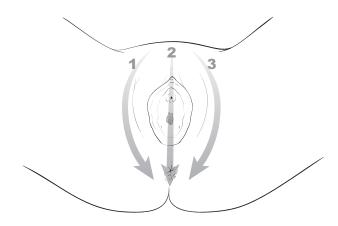
#### What medications does my child need?

Your child may be on several medications as part of the CIC program. Your child's doctor may order a small daily dose of an antibiotic (macrodantin or septra) to prevent infections. The doctor may order other medications (ditropan or imiprimine) to keep the bladder from leaking. It is important to take the medications as ordered to help make this program a success.

#### How do I do CIC?

- Gather the equipment you will need and place in an area where you can reach the equipment and not loose your or your child's balance. These are the supplies you will need:
  - Catheter
  - Water-soluble lubricant (such as KY Jelly<sup>®</sup>; do not use Vaseline<sup>®</sup>)
  - Cleaning wipes ("baby" wipes are fine)
  - Container in which to drain urine if you can't drain the urine into a toilet
  - Storage bag to store equipment in between catheterization times (makeup case, fanny pack or something similar)
- Wash your hands well with soap and water. You don't need to wear gloves, even though medical personnel (nurses, aides) must wear gloves. If you do use gloves, make certain the gloves are non-latex.
- Position your child as comfortably as possible. Depending on your child's age and balancing ability, have her lie down with knees bent in a "frog-like" position or sit her on the toilet with her legs spread apart. Talk with your child and reassure her. Depending on her age, explain the procedure as you do it.
- Lubricate two inches of the catheter with KY Jelly or some other water-soluble lubricant.
- Separate the labia and wash the area thoroughly with a cleansing wipe or towlette. Always clean from top to bottom, never

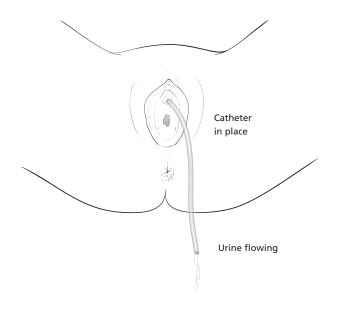
from side to side. Use a new wipe with each stroke. Examine the area for any changes in appearance (swelling, redness, discharge). Locate the urethra (opening).



Separate the labia with the thumb and forefinger of one hand and gently insert the catheter into the urethral opening with your other hand (see figure below). Make certain you insert the rounded end with the small holes. Position the other end of catheter so it will drain into the toilet or a container.



When the catheter enters bladder, urine will start to flow (see figure below). Advance the catheter another half inch.



- When urine stops flowing, slowly start to take the catheter out, turning it as it comes out. Usually, more urine will flow. Stop each time more urine flows so that the bladder empties completely.
- After you take the catheter out, wash it with soap and water. Rinse it so that water runs through it and out the holes. Shake the catheter to get the water out of the inside. Dry the outside with a clean towel. Store the catheter in a clean, dry plastic sandwich bag. Dry the catheter completely before you seal the bag.
- **1** Wash and dry your hands.
- 11 Collect all the supplies and put them back in the storage bag.
- 12 If you were told to fill out a flow sheet, record the amount of urine and other information on the chart.
- **13** Properly dispose of the urine.

You can reuse the catheter, if you clean it properly. If it becomes stiff, cloudy, discolored, or too soft to insert, throw it away and use a new one. Depending on how often they are used, catheters last about a month.

#### School and self-catheterization:

As your child develops and matures it will be important for her to learn to catheterize herself. This allows her independence and freedom. The clinic nurses will help decide when and how to begin teaching her. If your child needs to be catheterized at school, you will need to talk to your child's teacher and school nurse. The clinic staff can help you set up this program.



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