

Clean Intermittent Catheterization (CIC) for Females

Procedure/Treatment/Home Care
Si usted desea esta información en español,
por favor pídasela a su enfermero o doctor.

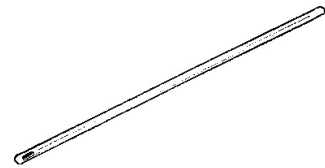
#200 female patient

Name of Child: _____ Date: _____

Clean Intermittent Catheterization (CIC) For Females

What it is:

Clean intermittent catheterization (CIC) is a clean, but non-sterile, way to put a rubber or plastic tube (catheter) into the urinary opening (urethra) to release urine and empty the bladder.



a catheter

Why it is done:

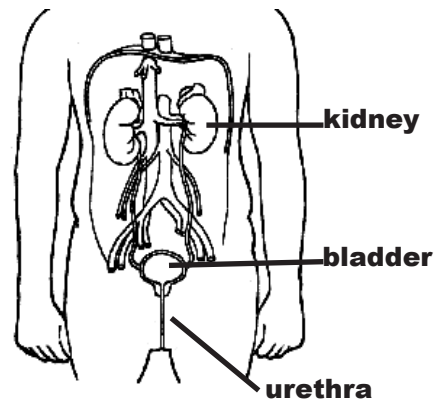
Some medical conditions make people unable to control urination. When urine remains in the bladder for a long time, bacteria can grow rapidly. CIC helps prevent urinary tract infections by emptying the bladder completely and keeping the over-full bladder from stretching. When CIC is done every three to six hours, the bladder will not over-fill. This will prevent dribbling and wetting. CIC can help children be normally active and have a better self-image, by helping them stay dry.

Where it is done:

You can do CIC in any regular toilet facility or private area. You may sit or lie down. Consider your comfort when you choose a place for CIC.

The urinary system:

The kidney filters waste products from the whole body. Waste goes into the urine. Urine drains into the bladder, and is stored there until it leaves the body. When urine drains well into the bladder, the kidney is protected from infection.



When to catheterize:

To drain the urine well and prevent infection, do CIC regularly.

Catheterize the first thing in the morning and at your bedtime, unless the doctor wants it to be done at other times.

Your doctor will tell you how often to catheterize. Write the times you need to be catheterized here:

- first thing in the morning
- every _____ hours during the day
- when I go to bed
- other times: _____

If you have your last drink two hours before bedtime, it will help you stay dry through the night.

Catheters come in many sizes.

Here are the sizes used by most people in an age group:

Age	Catheter Size
newborns	5 French
infants	8 French
toddlers and young school-aged	10 French
preteens	12 French
adolescents	14 French
older adolescents and adults	16 French

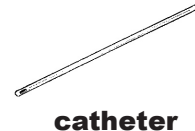
To prevent infections:

To prevent infections, drink lots of fluids, wash your hands carefully before and after catheterization, keep supplies clean and keep the area around the urinary opening clean.

How to do a Clean Intermittent Catheterization

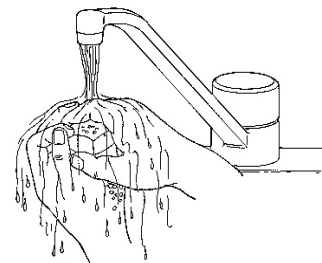
What you need:

- catheter, size _____ French
- something to keep the catheter in, like a toothbrush holder or clean plastic bag
- soap and water, soap towelettes or cotton balls with soap
- urine container
- water-soluble lubricant (like K-Y Jelly)

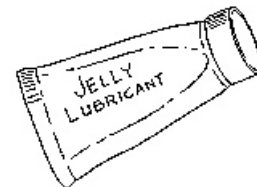


What to do:

1. Have all the supplies you need near and ready to use.
2. Wash your hands for 20 seconds with soap and water. Dry them with a clean towel.
3. Get into position for catheterization.
4. Arrange your clothes so they don't get wet.
5. Put some water-soluble lubricant on the first two inches of the catheter. Spread it on with either your finger or a clean tissue.
6. Find the urinary opening. You may use a mirror in the beginning. Once you learn where the opening is, you won't need a mirror to find it.



Wash your hands well with soap and water.

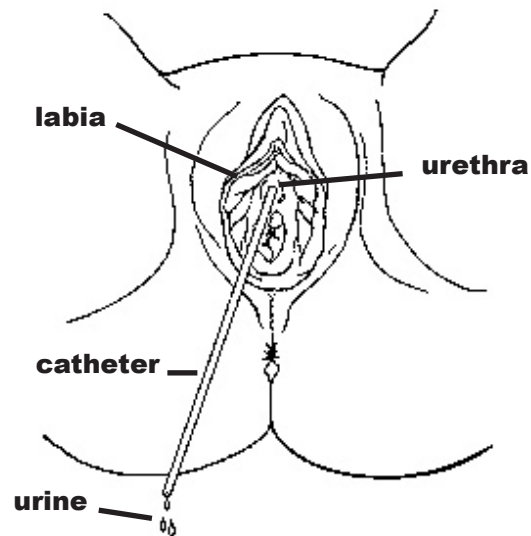


Put some water-soluble lubricant on the first two inches of the catheter.

7. Separate and hold the labia open with your fingers. Use the towelettes or soapy cotton balls to wash around the urinary opening (**urethra**). Wash three times, from front to back, once down each side and once down the middle of the labia. Use a clean towelette or cotton ball each time.

8. Put the urine container in place to catch the urine, or sit on the toilet.

9. Gently slide the catheter into the urinary opening until urine starts to flow. Never force the tube. If you have trouble passing the tube, stop and call your doctor.



10. Let all the urine flow out, either into the urine container or the toilet.

11. Bear down a few times with the catheter still in place. This helps to empty all the urine from the bladder.

12. Slowly start to take out the catheter. If urine starts to flow again, stop until the flow of urine stops.

13. Pinch the catheter, and keep it pinched while you take it out. This keeps urine from flowing back into the bladder.

14. After you take out the catheter, wipe across the urinary opening with a towelette or toilet paper. This will prevent odors.

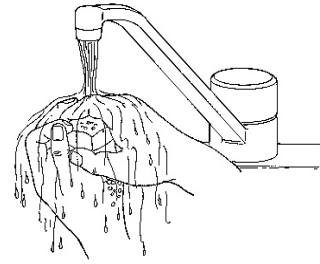
15. Return your clothing to its normal position.

16. Wash the catheter with soap and water. Rinse the inside of the catheter with clear water, than dry it and put it back in the clean, dry container.

17. If you used a urine container, empty it in a toilet. Wash and dry the container.

18. Wash and dry your hands.

19. If your doctor wants you to keep records, write down the time, amount of urine, and what it looked like.



Wash your hands well with soap and water.

Problem-Solving

- If urine leaks around the catheter, use a larger catheter.
- If the tip of the catheter will not slide into the urinary opening, don't force it. Try using a smaller-sized catheter.

- Bleeding from the urinary opening can be caused by injury during the catheterization. If this occurs, stop the catheterization and call your doctor.
- Trouble passing the catheter can be caused by a tight muscle (increased sphincter tone) due to anxiety or spasm. Check the catheter placement. If it is in the vagina, use a clean catheter and try again. If you still cannot pass the catheter, call your doctor.



No urine on catheterization may mean the catheter is not in the right place.

- No urine on catheterization may mean the catheter is not in the right place. Check the placement of the catheter.

- Call your doctor if you see signs of a urinary tract infection:

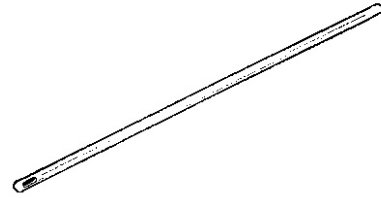


- cloudy urine
- mucus
- color changes in urine
- fever
- bladder spasms
- pain or tenderness over lower back
- blood
- urine has foul odor
- increased wetting
- chills
- rash

Care of the Catheter

What you need:

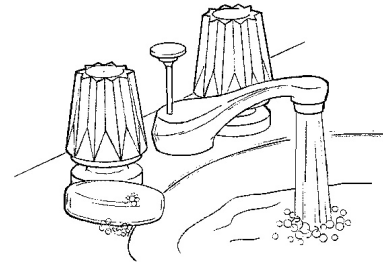
- catheter
- something to keep the catheter in, like a toothbrush holder or clean plastic bag
- soap
- a 10 mL syringe
- vinegar
- tap water
- a clean container for vinegar water



catheter

What to do:

- Wash and rinse the catheter well between each catheterization. Let it dry before you store it in a clean container.
- Once a day, clean the catheter with soap and water, then rinse it with vinegar water. The vinegar water will help prevent crystals from forming in and on the catheter.
 1. Mix one-half cup of vinegar with one-half cup of clean tap water in a clean container.
 2. Rinse the outside of the catheter with the vinegar water, then use the syringe to squirt some through the opening of the catheter to rinse out the inside.
 3. Throw out the vinegar water when you are done. Do not reuse it.
- Every night, let the catheter air dry on a clean surface.
- Every night, wash the container you use to store and carry the catheter. Use soap and water, and let it air dry. If you use a plastic sandwich bag to store the catheter, use a new bag each day.
- One catheter can last one to three months. If the catheter becomes too soiled to use, or becomes hard to put in, throw it out and use another one.



soap and tap water

- Bring the catheter and supplies everywhere you go. Stay on the catheterization schedule to avoid infections, dribbling and wetting.

Now that you've read this:

- yes no See the handout: Latex Allergy
- Show your nurse or doctor how you catheterize yourself.
(Check when done.)
- Tell your nurse or doctor how you will keep the catheter clean.
(Check when done.)
- Tell your nurse or doctor when you need to call the doctor's office.
(Check when done.)
- Tell your nurse or doctor how you will keep the catheter clean.
(Check when done.)
- Tell your nurse or doctor when you need to call the doctor's office.
(Check when done.)



If you have any questions or concerns,
 call your child's doctor or call _____

If you want to know more about child health and illness,
visit our library at The Emily Center at Phoenix Children's Hospital
1919 East Thomas Road
Phoenix, AZ 85016
602-546-1400
866-933-6459
www.phoenixchildrens.com

Disclaimer

The information provided at this site is intended to be general information, and is provided for educational purposes only. It is not intended to take the place of examination, treatment, or consultation with a physician. Phoenix Children's Hospital urges you to contact your physician with any questions you may have about a medical condition.

Friday, January 18, 2008 • DRAFT to family review
#200 female patient • Written by Barbara Singer, RN • Illustrated by Dennis Swain



The Emily Center

Clean Intermittent Catherterization (CIC) for Females

Procedure/Treatment/Home Care
Si usted desea esta información en español,
por favor pídasela a su enfermero o doctor.

Name of Health Care Provider: _____ Number: 200 f patient
For office use: Date returned: _____ db nb

Family Review of Handout

Health care providers: Please teach families with this handout.

Families: Please let us know what you think of this handout.

Would you say this handout is hard to read? Yes No

easy to read? Yes No

Please circle the parts of the handout that were hard to understand.

Would you say this handout is interesting to read? Yes No

Why or why not?

Would you do anything differently after reading
this handout? Yes No

If yes, what?

After reading this handout, do you have any
questions about the subject? Yes No

If yes, what?

Is there anything you don't like about the drawings?

Yes No

If yes, what?

What changes would you make in this handout to make it better or easier to understand?

Please return your review of this handout to your nurse or doctor or send it to the address below.

Fran London, MS, RN
Health Education Specialist
The Emily Center
Phoenix Children's Hospital
1919 East Thomas Road
Phoenix, AZ 85016-7710

602-546-1395

flondon@phoenixchildrens.com

Thank you for helping us!