

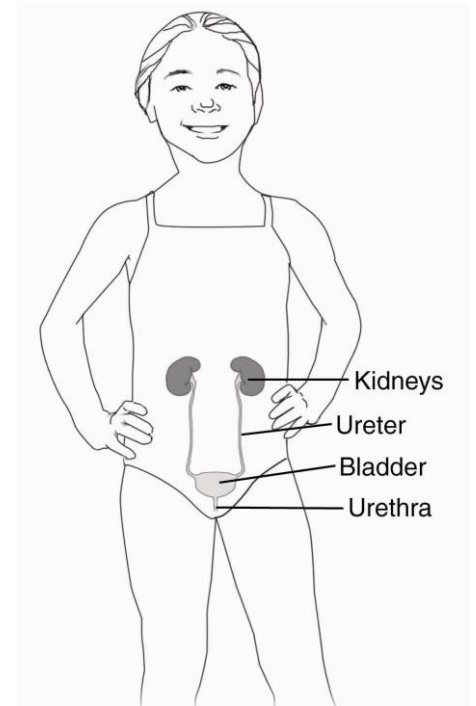
# Clean intermittent catheterization (CIC) for girls

## What is clean intermittent catheterization?

Clean intermittent catheterization (CIC) is a way to drain urine from the bladder.

- The bladder is a muscle that stores urine made by the kidneys.
- The bladder muscles and the nerves that control it must work together for the bladder to empty.
- CIC is needed when the bladder cannot empty on its own. CIC helps:
  - Empty the bladder on a regular schedule and avoid accidents.
  - Prevent bladder infections.
- A catheter (soft, thin tube) is put through the urethra into the bladder. The urethra is the opening where urine exits the body.
- Urine flows from the bladder through the catheter into a container.
- The catheter is removed after the bladder is empty.

The care team will use a new catheter and sterile technique for CIC in the hospital. You may use clean technique in the hospital and at home. Your child can learn to perform CIC them self if they are able.



## How does CIC work?

Your child's doctor and nurse will talk with you about care for your child. Some guidelines include:

### 1. Gather supplies.

- Correct size catheter
- Antimicrobial soap and water
- Clean washcloths
- Water soluble jelly, such as K-Y Jelly or Surgilube. Do not use petroleum jelly, such as Vaseline.
- Large, clean container to collect urine

### 2. Get ready and clean the skin.

- Wash your hands well with soap and water for at least 20 seconds, or use an alcohol-based gel or foam.
- Have your child lie down on their back in 1 of these positions:
  - With their knees bent in a “frog-like” position
  - With their legs straight and spread apart

**In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.**

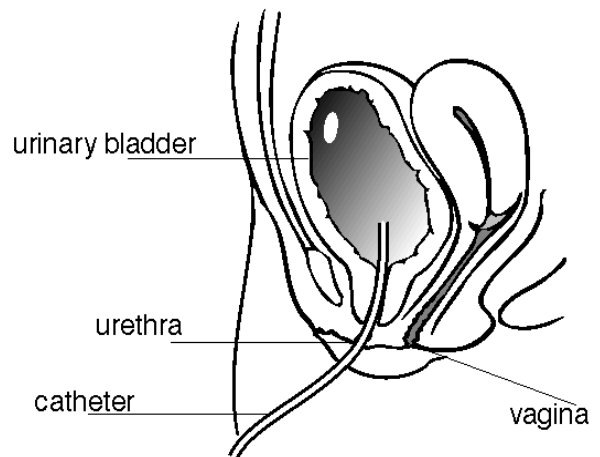
# Clean intermittent catheterization for girls, continued

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- You may also do CIC in a wheelchair or sitting on the toilet.
- Separate the labia with your thumb and forefinger so you can see the urethra. Labia are the folds of skin on either side of the vagina and urethra. Your child may use a mirror if they are learning to do CIC by them self.
- Wash the labia and urethra well with soap and water. Wash from front to back with a downward motion.

### 3. Insert the catheter and drain the urine.

- Put water-soluble jelly on the end of the catheter. Do not to touch the catheter with the lubricant container.
- Have your child take a deep breath in and out to help them relax. This can help the catheter go in easier. Do not force the catheter.
- Gently put the catheter through the urethra until urine starts to come out. Move it in another one-half (½) to one (1) inch.
- Allow all urine to flow out.
- Gently press on your child's lower belly with your hand to help empty all the urine from the bladder. This is called credé. You can also have your child bear down **gently**, blow bubbles or blow a pinwheel.
- When the urine stops, slowly remove the catheter to make sure the bladder is empty.



### 4. Clean up.

- Rinse and dry the skin well.
- Praise your child for helping.
- Check the amount of urine and the way it looks and smells. Dump the urine into the toilet.
- Wash your hands and the catheter with soap and water.

## How do I care for catheters?

Your child's care team will tell you if you are allowed to reuse catheters at home.

- Clean the catheters after each use.
- Follow your child's doctor or the manufacturer's instructions for cleaning.
- Throw away catheters if they are:
  - Torn or cracked
  - Hardened

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# Clean intermittent catheterization for girls, continued

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- Rough
- Damaged
- Store cleaned catheters in a paper bag or envelope. Do not store them in a plastic bag

## How do I help prevent bladder infections?

To help prevent bladder infections:

- Have your child drink plenty of fluids, as advised by your doctor.
- Ask your doctor about giving your child cranberry juice or vitamin C.
- Have your child avoid wearing tight-fitting clothes that can trap germs.
- Limit bubble baths. The soapy water can cause bladder problems.
- Do CIC on a schedule so the bladder does not overflow.
- Wash your hands well before and after CIC.
- After your child has a bowel movement, wipe from front to back. Clean the area well with soap and water as needed.

## When should I call the doctor?

Call your child's doctor if:

- Your child has any signs of a urinary tract infection (UTI), such as:
  - Pain when urinating or with CIC.
  - Decrease in the amount of urine.
  - Leaking large amounts of urine between CIC.
  - Back or stomach pain.
  - Urine is cloudy or has sediment (particles) or mucus (white strands).
  - Urine is pink or red.
  - Urine smells bad.
  - Fever (temperature of 100.4°F or higher), vomiting (throwing up), diarrhea (loose stools), chills or fussiness without other signs of sickness or flu.
- You have any trouble passing the catheter.
- You have any questions or concerns about how your child looks or feels.

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# Clean intermittent catheterization for girls, continued

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## Your checklist

This list can help you keep track of what you need to know before you go home. Ask your child’s nurse or doctor for help if you need more details.

### Before your child goes home, make sure you know:

- How to wash your hands correctly.
- The type and size of the catheter and other supplies you need.
- How to clean your child’s skin before and after CIC.
- How to lubricate and insert the catheter.
- How to do créde if your child needs it.
- How to measure the urine and do any tests that need to be done.
- How to clean the equipment.
- Signs of a UTI.
- How to get supplies.
- When to call the doctor for questions or problems.

Notes

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# Clean intermittent catheterization for girls, continued

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## CIC records

Your child’s doctor may want you to keep a record of your child’s CIC. If so, use this form to write down the date, time and amount of urine each time your child does CIC. Share your records with your child’s doctor.

Date	Time	Amount of CIC	Amount of wetness in your child’s diaper or pants (none, small, moderate or large)

**This teaching sheet contains general information only. Talk with your child’s doctor or a member of your child’s healthcare team about specific care of your child.**

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