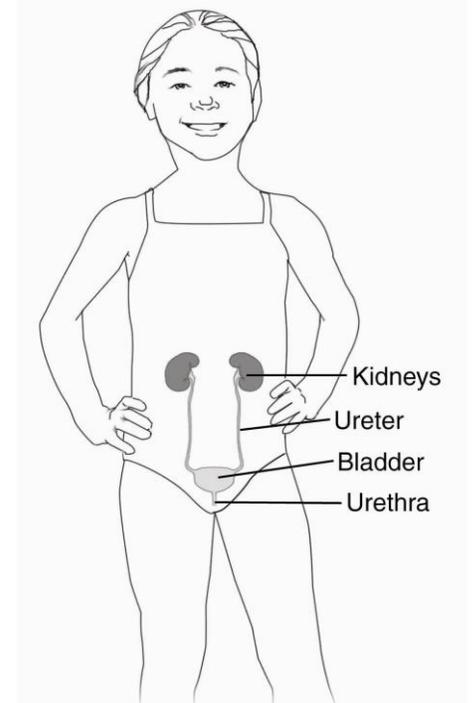


Clean intermittent catheterization (CIC) for girls

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.
 - Prevent kidney failure.
- A soft, thin tube called a catheter 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 or toilet.
- The catheter is removed after the bladder is completely empty.



The care team will use 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 themselves 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
- BZK wipe or baby wipe
- Water soluble jelly, such as K-Y Jelly or Surgilube. Do not use petroleum jelly like Vaseline.
- Large, clean container to collect urine if needed

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

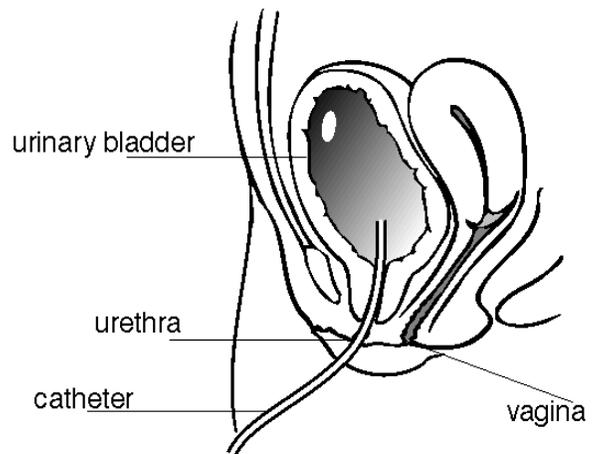
In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.

Clean intermittent catheterization (CIC) for girls, continued

- With their legs straight and spread apart
- You may also do CIC in a wheelchair or sitting on the toilet.
- Separate the labia with your thumb and pointer finger 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 themselves.
- Wash the labia and urethra well with soap and water. Wash from front to back with a downward motion.

3. Put in the catheter and drain the urine

- Put water-soluble jelly on the end of the catheter. Do not 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 ($\frac{1}{2}$) 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 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.
- Dump the urine into the toilet.
- Wash your hands with soap and water.

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 the doctor about giving your child cranberry juice or vitamin C.
- Use a new catheter with every CIC.
- Limit bubble baths. The soapy water can cause bladder problems.

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Clean intermittent catheterization (CIC) for girls, continued

- 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 belly 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.

What to know about UTIs

Children who do CIC will have a positive urine culture when tested. This is from an increase in the normal bacteria in the bladder by putting in the catheter. Most often, treatment is NOT advised unless the child has symptoms of a UTI.

Symptoms of a UTI in young children, like those younger than 3 years old, may be:

- Fever of 100.4°F or higher.
- Increased fussiness.

In older children, antibiotics are advised if they have symptoms of a UTI. This may include:

- Fever of 100.4°F or higher.
- New urine leakage.
- Back or belly pain.
- New pain with CIC.
- Blood in the urine.

Smelly or cloudy urine is more often a sign of dehydration or an effect of diet. If your child does not have other signs of sickness, have them drink more water and do CIC more often for 24 hours before asking for a urine culture.

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

Clean intermittent catheterization (CIC) for girls, continued

Your checklist

Use this list to keep track of what you need to know before going home. Talk with your child’s nurse or doctor if you have questions.

- How to wash your hands the right way
- What type and size of catheter to use
- What supplies you need and how to get them
- How to clean your child’s skin before and after CIC
- How to lubricate and put in the catheter
- How to do credé if your child needs it
- How to measure urine and do any tests that need to be done
- Signs of a UTI
- When to call the doctor for questions or concerns

Notes: _____

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

