



Clean Intermittent Catheterization (CIC) for Girls

Patient and Family Education

What is clean intermittent catheterization?

Clean Intermittent Catheterization (CIC) is a way to empty the bladder when the bladder is not able to empty on its own. The bladder is a muscle that stores urine made by the kidneys. The bladder muscles and the nerves that control it must work together in order for the bladder to empty. After a spinal cord injury or other nervous system or bladder problem, the bladder may not be able to empty normally because the nerve pathways from the brain to the bladder do not work properly. Your child may not be able to empty her bladder and void (urinate) when she needs to.

CIC can help:

- Empty the bladder on a regular schedule and avoid accidents
- Prevent bladder infections

With CIC, a catheter (soft, thin tube) is passed through the urethra (opening where urine exits the body) into the bladder. Urine flows from the bladder through the catheter into a container that collects the urine. Then the catheter is removed and cleaned. If your child is able, she can learn to perform CIC herself.

We will use a new catheter and sterile technique to catheterize your child in the hospital. You may use clean technique in the hospital and at home.

How does clean intermittent catheterization work?

Your child's doctor will talk with you about specific care for your child. Some general guidelines to follow are listed below:

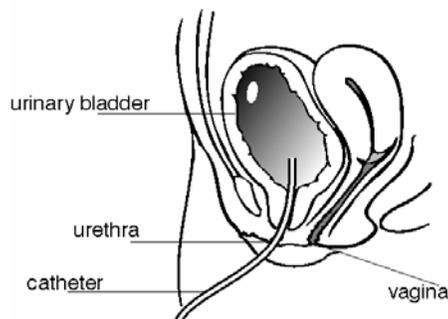
- Gather supplies
 - Proper size catheter for your child
 - Antimicrobial soap and water
 - Clean wash cloths
 - Water soluble jelly such as K-Y jelly[®] or Surgilube[®] (do not use Vaseline[®])
 - Large, clean container to collect urine
- Wash your hands well with soap and water
- Have your child lie on her back with her knees bent in a "frog-like" position or with her legs straight and spread apart. Catheterization may also be done in a wheelchair or sitting on a commode.
- Separate the labia (folds of skin on either side of the vagina and urethra) with your thumb and forefinger; locate the urethra. A mirror may be used if your child is learning to do CIC herself.
- Wash the labia and urethra well with soap and water, washing from front to back with a downward motion.
- Lubricate the tip of the catheter with water-soluble jelly.
- Gently insert the catheter into the urethra until urine begins to flow, and then move it in another 1/2 inch.
- Allow all the urine to flow out.

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

This is general information and is not specific medical advice for your child. Always consult your child's doctor or other healthcare provider if you have any questions or concerns about the care or health of your child. A Children's Healthcare of Atlanta pediatric advice nurse is available 24 hours a day at 404-250-KIDS.

Clean Intermittent Catheterization for Girls, continued

- Gently press on her lower tummy with your hand to help empty all the urine from the bladder. This is called credé. Your child may also bear down gently (but not too hard), blow bubbles or blow a pinwheel.
- When all the urine stops, slowly remove the catheter.
- Rinse and dry her skin well.
- Praise your child for helping.
- Note the amount of urine and the way it looks and smells. Discard the urine in your commode.
- Wash your hands and the catheter well with soap and water.



Catheter care

- Clean the catheter after each use with hot soapy water. Rinse the catheter well with warm running water.
- Dry the outside of the catheter with a clean paper towel; air-dry the catheter before storing it in a clean, dry container, such as a paper envelope. Use a clean paper envelope each day.
- If you use a plastic catheter, soak it in 100% white vinegar for 30 minutes every other day. Then rinse it with warm water and let it air dry before storing.
- Plastic catheters can be washed and reused for 7 days. Throw away any torn, hardened, rough, cracked or damaged catheters right away.

What can be done to help reduce the risk of bladder infections?

To help reduce the risk of bladder infections:

- Have your child drink plenty of fluids as advised by your doctor. Cranberry juice may be helpful.
- Have your child avoid wearing tight fitting clothes that can trap germs.
- Limit bubble baths as the soapy water can cause bladder problems.
- Perform CIC on time so that the bladder does not overfill.
- Wash your hands well before and after CIC.
- After having a bowel movement, wipe from front to back and clean the area well with soap and water.

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