

Clean Intermittent Catheterization (CIC)

After your child has been seen by our healthcare team, they may decide your child needs clean intermittent catheterization (CIC). The procedure is easy to learn and quickly becomes part of your child's daily routine. CIC can be done at home, school, or wherever your child plans to go.

Why does my child need to catheterize?

There are lots of reasons your child may need to catheterize. Your doctor will explain your child's problem and why catheterization is needed. If your child can't fully empty their bladder, old pee stays in it. This old pee causes bacteria to grow which can cause a urinary tract infection. Catheterization helps to fully empty the bladder to:

- reduce urinary tract infections
- help control wetting
- help stop urinary tract damage

What is intermittent catheterization?

Catheterization is when a catheter (a plastic tube) is put through the urethra, past the sphincter muscle, and into the bladder. The pee flows freely from the bladder through the tube and out of the body. By routinely emptying the bladder, bacteria is less likely to grow. Catheterization will also help improve or keep up the function of the kidneys.

How often should I catheterize?

Your healthcare team will tell you how often your child needs to catheterize. It needs to be done on a regular schedule to drain the pee from the bladder the correct way and stop infection. It is best to put your child on a schedule so they can get used to doing it. Catheterization is usually done only during the day while your child is awake. If your child needs catheterization at night, your healthcare team will discuss this with you in more detail.

When to Call the Doctor:

If any of these signs or symptoms happen, call the urology clinic at 720-777-2705.

- Blood in the pee (streaks or small traces of blood can happen from catheterization)
- Fever higher than 101.5 degrees Fahrenheit
- Bad smelling or dark cloudy pee. If this happens, have your child drink more liquids. You may also need to catheterize more often to keep the bladder empty.
- Pain or tenderness across the lower back or tummy
- Can't get the catheter put in
- Decreased pee output

Supplies Needed for Reusable Catheters:

- Paper envelopes
- Toothbrush holder, travel pouch or make-up bag – any container which is large enough for the catheter to air dry
- KY Jelly (a water-soluble lubricant)

Catheterization Steps for Female

1. Gather all the equipment you need.
2. Wash your hands with warm, soapy water. Rinse and dry your hands.
3. Have your child lie down with knees bent in frog-like position or sit with legs spread apart, whichever is most comfortable.
4. Hold the labia (folds) apart with one hand. Hold the catheter about two inches from the tip. Grease the end of the catheter one to two inches with KY Jelly.
5. Gently put the catheter into urethra (about 1 to 2 1/2 inches) until you get a flow of pee. After the pee starts to flow, put in the catheter a little further (about 1/2 inch).

Keep the catheter in place until pee stops flowing, then slowly pull out the catheter. If pee starts to flow again as you are pulling out the catheter, wait until pee stops dripping before pulling the catheter further.

Catheterization Steps for Male

1. Gather all the equipment you need.
2. Wash your hands with warm, soapy water. Rinse and dry your hands.
3. Your child can either sit on toilet or stand by it. If he's in a wheelchair, he can stay in the chair and empty the pee into the plastic bottle (urinal).
4. Grease several inches from the tip of the catheter with the KY Jelly.
5. Hold the penis upright so that urethra is straight. You will need to pull back the foreskin if your child is uncircumcised.
6. Gently push in the catheter. Just before you get to the bladder, you'll get to the sphincter muscle. You'll have to push firmly until this muscle relaxes and you get the catheter through it. Try having your child take slow deep breaths to help them relax. It may also be helpful to ask your child to try to push the pee out.
7. Pee should start to flow once you are in the bladder. Push in the catheter about 1/2 inch further and hold it until the bladder empties.
8. Keep the catheter in place until pee stops flowing. Then start pulling the catheter out slowly. If pee starts to flow again as you are pulling out the catheter, wait until pee stops dripping before pulling the catheter out further.

Empty the pee into the toilet. If you are not near a toilet, drain the pee into a urinal, plastic bag, empty jar, etc.

How to Care for a Re-usable Catheter

- Wash your hands first with soap.
- Wash the catheter inside and out with soap.
- Rinse the catheter well letting the water flow through the catheter. Then shake any extra water out and let it air dry until the next use.
- Put clean catheter into a container like a "clean catheter paper envelope," toothbrush holder or travel bag.

You may reuse catheter for one week. But don't reuse catheter if it is discolored, stiff or damaged in any way.

childrenscolorado.org

Author: Urology | Approved by Patient Education Committee | Valid through 2025

The information presented is intended for educational purposes only. It is not intended to take the place of your personal doctor's advice and is not intended to diagnose, treat, cure or prevent any disease. The information should not be used in place of a visit, call or consultation or advice of your doctor or other health care provider.

Hydrophilic or Self-Lubricated Catheters

These are single-use and should be thrown away after each use.

Some Special Tips

- If your child goes to school, you go on vacation, or you just have a busy day, then bring paper envelopes for clean catheters and one for dirty catheters. Make sure the dirty catheters are cleaned as soon as you are able.
- You may use anything that is relatively clean to store your catheter in as long as its air dries between uses.
- It is important that you do the catheterization on a routine schedule. Everyone needs to keep his/her bladder empty to avoid infections and keep the kidneys healthy. When you are just learning how to catheterize, keep a record of the amounts of pee you drain from your child's bladder. This information will help your doctor and nurse.

Catheter size: _____

Catheterize every: _____

Medical Supply Company: _____

Call the Urology Clinic at 720-777-2705 with questions.

Office Hours: 7am – 5:30pm