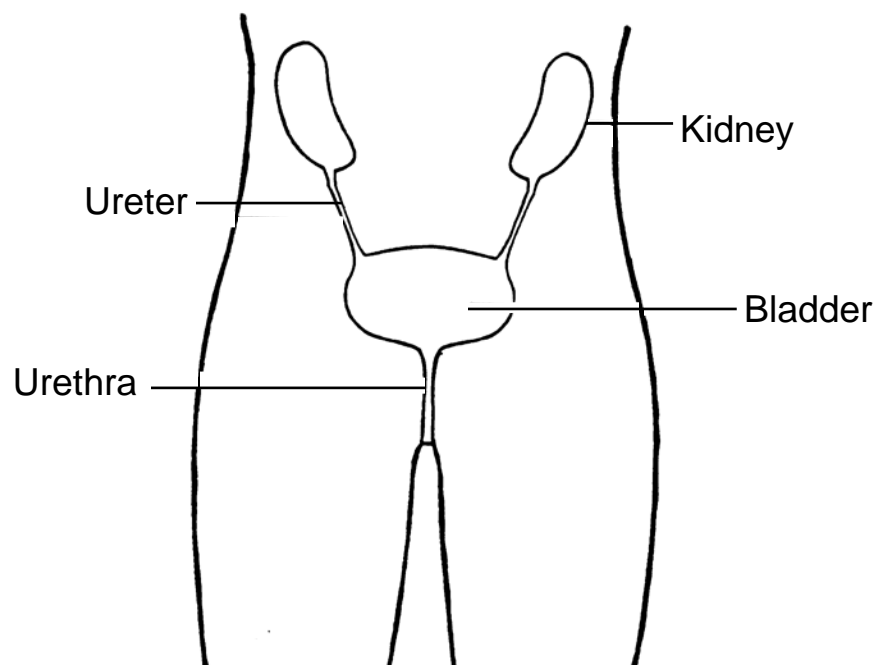


Clean Intermittent Catheterization for girls

What is clean intermittent catheterization (CIC)?

CIC is when you pass a small tube called a catheter through your urethra into your bladder. Your urethra is the tube that takes urine from your bladder to the outside of your body. CIC is when you do this several times a day, using a clean technique.



Why do I need CIC?

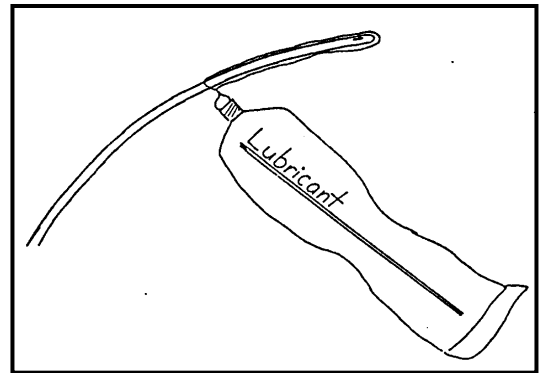
Catheterization is needed when you cannot empty your bladder completely or to prevent urine from leaking from your bladder. This will help to keep you dry and help prevent infections. CIC can also be done to protect your kidneys when the pressure in your bladder is high.

1. Gather supplies

- catheter size _____
- soap
- water
- washcloth or disposable wipes
- toilet or container to collect urine
- lubricant such as KY jelly™ or Muko™, do not use vaseline

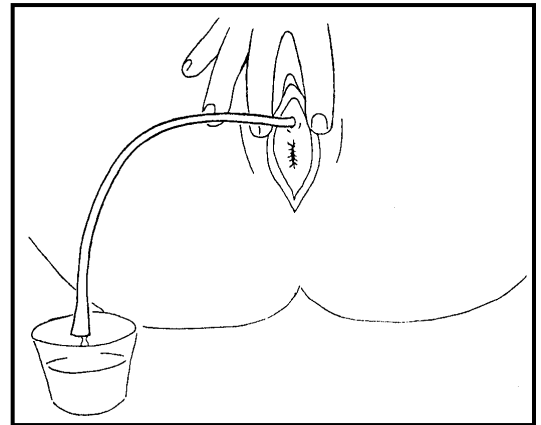
2. Get ready

- Wash your hands with soap and warm water.
- Arrange your clothing so it does not get in the way.
- Sit on the toilet or in the position you have been taught.
- Put the lubricant on the top 2 inches of the catheter.



3. Use the catheter

- Separate your labia and wash from front to back with soap and water or the disposable wipe.
- Separate your labia and insert the catheter slowly into the urethra opening. When you see urine, insert the catheter about 1 more inch (2.5 cm).
- Allow all the urine to flow from your bladder.
- When the flow of urine stops, slowly remove the catheter. If urine begins to flow again, stop moving the catheter until the flow of urine stops. Doing this will make sure that your bladder is empty.



4. When you are done

- Wash your hands.
- Wash the catheter with mild soap and water. Rinse well and place in a clean container.
- Soak catheters in 70% alcohol or vinegar for 30 to 60 minutes once a day.
- Before use rinse very well with water.

**With proper cleaning,
one catheter can last up
to 1 week.**

Where can I get supplies?

- There are many ways to get your supplies. We can give you a list of local suppliers that provide catheter supplies to patients.
- We will also give you the contact information of companies that make their products available for trial to the clinic.

Where can I get funding?

- If you have private insurance, we can give you a prescription if required. Please call your insurance company and find out about your coverage for catheters and catheter supplies.
- We will give you the forms to apply for funding from Easter Seals.
www.easterseals.org

When should I call the doctor?

Please see your family doctor, pediatrician or go to a walk-in clinic:

- If you see a large amount of blood in your urine. A small amount of blood from time to time is normal.
- If you have signs of a urinary tract infection.

Some signs of a urinary tract infection are:

- Fever, a temperature above 38.5°C
- A burning feeling at your urethra.
- Dribbling urine between catheterizations (unless this is normal for you).
- Increased frequency and urgency. Feeling the urge to pee more than usual. If you have had a lot to drink, you may need to do an extra catheterization.

please turn over →

At the doctor's office your urine will be checked with a test strip. This is called urinalysis.

Understanding urinalysis results

- Urinalysis is “positive” if leukocytes (white blood cells) and/or nitrites are found in your urine. These are signs of infection.

If urinalysis shows signs of infection you can expect the doctor to send your urine for more tests, called ‘Routine and Microscopy’ and ‘Culture and Sensitivity’. If an infection is likely, the doctor may give you a prescription for antibiotics which you should start taking right away.

Please ask the doctor to fax your test results to 905-521-5056
(Attention: Pediatric Urology NP).

If you are having repeated urinary tract infections, call a Nurse Practitioner.

How do I contact Pediatric Urology?

**During clinic hours (Monday to Friday, 8 am to 4 pm)
call McMaster Children's Hospital at 905-521-2100:**

- Pediatric Urology Nurse Practitioner, Natasha Brownrigg – ext. 73070.
If you need to speak with the nurse practitioner more quickly, follow instructions on voicemail to have them paged.
- 2G Pediatric Urology Clinic – ext. 78517 (for appointment information only).
- Pediatric Urology Office – ext. 73777.

**For urgent issues after hours and on weekends
OR if you are unwell and need immediate attention:**

- Go to the Emergency Department at McMaster Children's Hospital.
- If you live outside Hamilton, go to the nearest hospital emergency department.