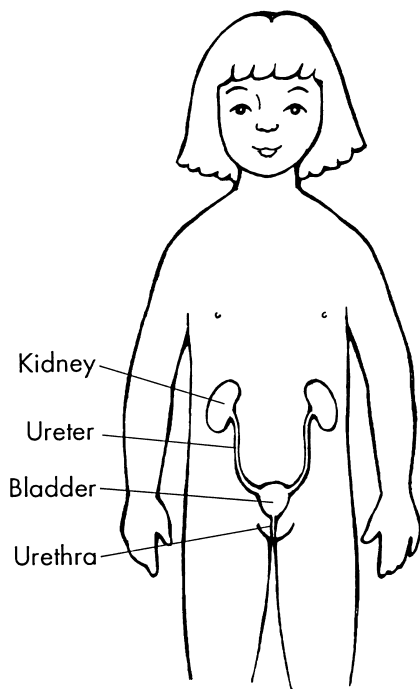


Catheterizing a girl (intermittent)

What is intermittent catheterization?

The body holds urine in the bladder, a muscular sac, and empties it through the urethra (yu-**reeth**-rah), a narrow passageway leading outside the body. A small tube called a catheter (**kath**-eh-tur) can be inserted through the urethra to help drain the urine. When this is done periodically, it is called “intermittent catheterization” (**kath**-eh-tur-ah-**zay**-shun).

Catheterization promotes regular urine flow, protecting against overdistention (overfilling of the bladder). It also helps prevent infection.



Special instructions

Empty your child's bladder _____ times during the day, including upon awakening in the morning and just before bedtime.

Also empty your child's bladder _____ times at night, if directed by the doctor.

Your child's catheter size is _____

You can buy catheters from _____

Check with your insurance company for coverage.

What equipment do I need?

- latex-free catheters (proper size)
- lubricant (water soluble jelly-like substance used to prevent irritation such as K-Y® jelly. **Never** use a petroleum-based product such as Vaseline®)
- clean container to carry catheters such as:
 - re-sealable plastic bag
 - plastic toothbrush holder
 - tampon case
 - plastic soap case
 - any easy-to-carry, tightly covered container
- container to empty urine into
- tightly covered container for storing clean, dry catheters at home

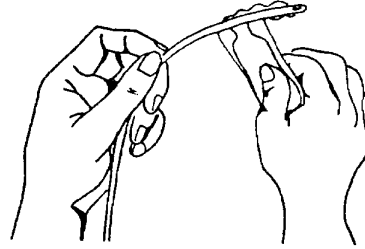
For catheterizing while away from home you will also need:

- re-sealable plastic bag for used catheters
- pre-moistened antibacterial towelettes

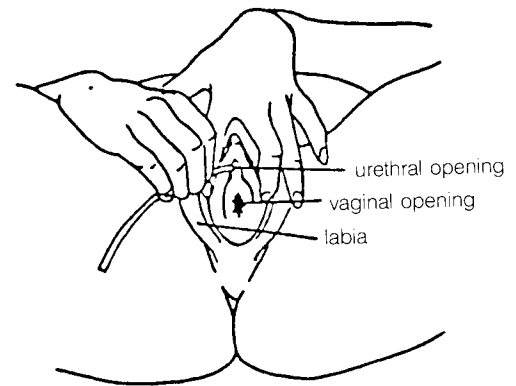
How is a catheterization done?

1. Clean your hands well, using one of the following methods:
 - Use an alcohol hand sanitizer (Purell® or another brand) according to directions.
 - If hands are dirty or alcohol is not available, wash your hands with soap and water for at least 15 seconds, rubbing all surfaces briskly, including under fingernails. Use a paper towel or clean hand towel to dry your hands, and then use the towel to turn off the faucet.
2. Gather equipment (see checklist).
3. If the child is toilet trained, ask her to try to urinate.
4. Wash between the labia with soap and water. Use pre-moistened towelettes if soap and water are not available.
5. Have the child lie down on her back with legs apart and knees bent.
6. Open the catheter container and remove one catheter without touching the tip.

7. Lubricate the catheter tip.



8. With two fingers, hold the labia apart, pulling gently upward to expose the urethra. A mirror may be helpful when your child shows an interest in catheterizing herself.



9. Hold catheter two inches from the tip. Insert the catheter gently upward until the urine begins to flow into the container or toilet, then advance about ½ inch further.
10. Hold the catheter in place until urine stops flowing.
11. Remove the catheter slowly, pausing if the urine starts to flow again.
12. Discard the urine and rinse the container well.

How do I care for the equipment?

1. Clean catheters right after use with soap and water, using soap lather and your hands.
2. Rinse inside and outside of the catheter well with water.
3. Air-dry the catheter by laying it on a clean towel.
4. Change the towel every day.
5. Wash the urine container every day with soap and water.

If directed by your child's doctor, sterilize the catheters once a day:

1. Clean the catheter as above with soap and water.
2. Prepare a solution of 1 teaspoon liquid bleach to 8 ounces water in a clean, tightly covered container. Use a pure, fragrance-free and additive-free bleach, such as Hilex® or Clorox®. Prepare a new solution every day.
3. Soak catheters in bleach solution for at least 30 to 60 minutes.
4. After soaking, rinse well with water and air dry on a clean towel.

Throw a catheter away when it becomes stiff or cracked, you are unable to clean it, or after 1 month of use, unless otherwise instructed.

When away from home

If soap and water are not available, use pre-moistened antibacterial towelettes for cleaning hands, between labia, and catheter.

Urine may be drained into a toilet or into a clean diaper.

If water is available, rinse the catheter after use and place in a re-sealable bag.

Throw away the re-sealable bag after the catheter has been cleaned at home.

When should I call the doctor?

Call the doctor right away if:

- temperature higher than 101°F (38.4°C)
- trouble inserting catheter
- unusual discomfort while inserting catheter
- unusual drainage from the urethra or around the catheter
- change in the smell of urine
- blood in urine
- cloudy urine
- sandy particles in urine
- decreased amount of urine

Questions?

This sheet is not specific to your child, but provides general information. If you have any questions, please call the clinic.

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