

Clean Intermittent Catheterization Through the Urethra or a Mitrofanoff Stoma

This handout will help you and your child better understand how the bladder is emptied using clean intermittent catheterization.

What is clean intermittent catheterization?

- Clean intermittent catheterization (CIC) means putting a tube (called a catheter) through your child's bladder opening (urethra) or Mitrofanoff channel into their bladder on a regular basis.
 - The Mitrofanoff (mye-TROFF-an-off) channel is a tube that connects the bladder to the outside of the stomach area through a hole in the belly called a stoma.
 - Pee (urine) flows out of the catheter and the bladder is emptied. Your child will do this regularly to completely empty the bladder. Your child can use CIC like they normally pee. Instead of peeing all on their own, they use a catheter. The process soon becomes routine, simple and well-accepted.
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What do I need to know before we start?

- Starting a CIC program can be a major event in the life of a family. It may feel new and overwhelming. Most parents and children have never had training with catheters, so it is normal if you feel fearful and unprepared.
 - Your nurse will teach you step-by-step instructions for this procedure. There will be time to practice while you are in the hospital or clinic. You will soon learn what works best for you and your child.
 - Involve your child in the CIC at an early age. Even young children can help with some parts of using and taking care of the catheter.
 - When you stay positive and encourage your child, it helps them accept and take part in their CIC program.
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Why do CIC?

- CIC is used to help manage abnormal bladder function. It prevents your child's bladder from getting overfilled, which can lead to kidney damage.
 - It drains the urine that stays in the bladder if the bladder isn't emptying all the way. Draining leftover urine helps prevent growth of bacteria and bladder infections.
 - CIC can also reduce wetting accidents. For school age children, being dry gives them self-confidence and helps them lead more active lives.
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To Learn More

- Urology
206-987-2509
- Ask your child's healthcare provider
- seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.



How do I do CIC?

What supplies do I need to gather?

- Catheter
 - Hydrophilic self-lubricated catheter
Size: ____ French (a unit of measure for catheters)
 - Non-hydrophilic catheter (lubrication required), Size: ____ French
 - Longer or shorter catheters are available.
- Skin cleanser
 - Use soft soap and cotton balls, a washcloth or baby wipes.
 - If your child is getting urinary infections, your provider may recommend using antiseptic towelettes such as benzalkonium chloride wipes.
- Non-latex gloves
 - Using clean gloves for catheterization is optional for families but may be required for school staff.
 - Your child does not need gloves if they insert the catheter on their own.
- Container for pee (urine)
 - If your child can't catheterize on their own on or near a toilet, use a urinal, jar or plastic container to catch the urine.

How do I get supplies?

- We will give you a small number of catheters and supplies after training.
- You will need to get more supplies before you run out. Please plan ahead.
- If you have health insurance, ask them what supply company you should use (in network). We can send a prescription for supplies to the medical supply company of your choice. You can purchase catheters without a prescription at select medical supply stores.

My child's catheterization plan

Catheterization schedule: _____

Catheter name: _____

Brand: _____

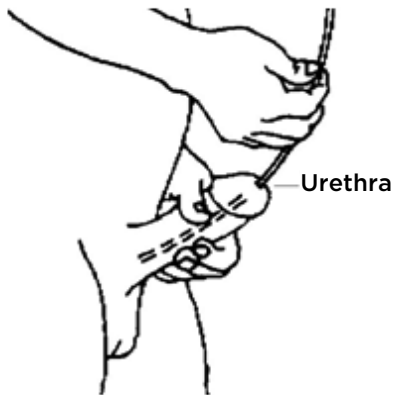
Size: _____

Other supplies: _____

What happens if my child goes to school?

- We will send a letter called Authorization for Clean Intermittent Catheterization (CIC) or Assisted Self-Catheterization at School to your home address. Please let your care team know if you would like to have any special instructions added to this letter.
- Each year we will update the letter with the current details.
- When you receive this letter, please give it to your school.
- You will need to train school staff who will perform the CIC. Please connect with your school nurse to set up time to train 2-3 individuals for you to demonstrate, teach, and observe CIC technique on your own child. It may be helpful to provide copies of this handout to each individual.
- Collaborate with the school staff to identify a location that is comfortable for your child to catheterize at school. A sink, soap, paper towels, and privacy are needed.
- You can send supplies with your child to school each day or store them in a clean, dry, secure location at the school.

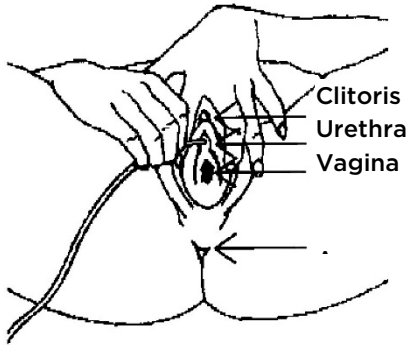
Catheterization through the urethra If your child has a penis



1. Wash hands well with soap and water.
2. Hold the penis with 1 hand and push the foreskin back if uncircumcised.
3. With the other hand, wash the penis using moist cotton balls, a washcloth, towelettes or a baby wipe.
4. Holding the penis erect with 1 hand, pick up a clean catheter and hold it 3 inches from the tip.
5. Place the catheter tip in lubricant if needed.
6. Gently insert the catheter through the hole in the penis (urethra) until the pee begins to flow.
7. If the catheter won't go in, ask your child to take a deep breath to relax their muscles. Rotate the catheter and use gentle, firm pressure to move the catheter in until pee flows.
8. Once the pee has stopped, rotate the catheter and remove slowly. Stop if pee starts to flow again.
9. If uncircumcised, return the foreskin to cover the head of the penis.
10. Wash the genital area with soap and water or a wipe. Wipe from front to back.
11. Wash equipment.
12. Wash hands well with soap and water.

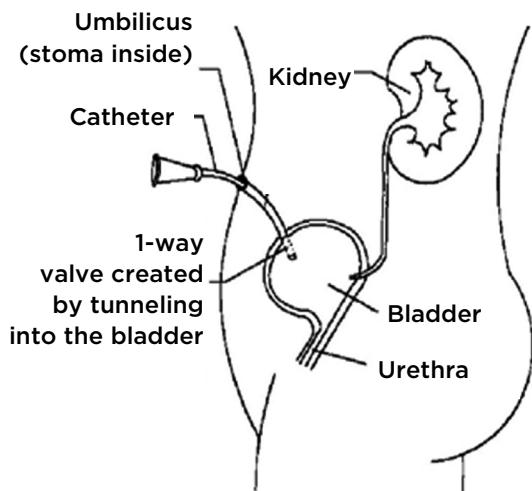
Catheterization through the urethra

If your child has a vagina



1. Wash hands well with soap and water.
2. Spread legs apart (sitting, if possible, is best for emptying).
3. Use 1 hand to move the labia apart. With the other hand, wash from front to back using baby wipes, towelettes, moist cotton balls or a washcloth.
4. Keeping the labia apart, pick up a clean catheter and hold it 3 inches from the tip.
5. Place the catheter tip in lubricant if needed.
6. Gently insert the catheter through the hole where pee comes out (urethra) until the pee begins to flow.
7. If the catheter won't go in, ask your child to take a deep breath to relax their muscles. Rotate the catheter and use gentle, firm pressure to move the catheter in until pee flows.
8. Once the pee has stopped, rotate the catheter and remove it slowly. Stop if pee starts to flow again.
9. Wash the vaginal area with soap and water or a wipe. Wipe from front to back.
10. Wash equipment.
11. Wash hands well with soap and water.

Catheterization through a Mitrofanoff stoma



1. Wash hands well with soap and water.
2. Get the hydrophilic catheter ready.
3. Wash the stoma using moist cotton balls, a washcloth, towelettes or a baby wipe.
4. Pick up a clean catheter and hold it 3 inches from the tip.
5. Gently insert the catheter through the stoma until the pee begins to flow.
6. Once the pee has stopped, rotate the catheter and remove it slowly. Stop if pee starts to flow again.
7. Wash the stoma with soap and water or a wipe.
8. Wash equipment.
9. Wash hands well with soap and water.