

Gelinta Kateetar

Kaadi-mareenka Si Loo Faarujiiyo ama Daloolka Kaadi-bixinta

Buug-yarahan ayaa adiga iyo ilmahaaga idin ka caawin doona inaad si fiican u fahantaan sida kaadi-haysta loo faarujiyo iyadoo la adeegsanayo gelinta kateetar kaadi-mareenka si loo faarujiiyo.

Waa maxay gelinta kateetar kaadi-mareenka si loo faarujiiyo?

- Gelinta kateetar kaadi-mareenka si loo faarujiiyo (clean intermittent catheterization, CIC) macneheedu waa in tuubbo (loo yaqaano kateeter) loo marsiiyo daloolka kaadi-mareenka ilmahaaga (kaadi mareenka) ama daloolka kaadi-bixinta si joogto ah.
- Daloolka kaadi-bixinta (mye-TROFF-an-off) waa tuubo isku xirta kaadi-haysta iyo bannaanka caloosha iyadoo loo marayo dalool caloosha ah oo loo yaqaan daloolka kaadi-marinta.
- Kaadida (kaadida) ayaa ka soo baxda kateetarka oo faarujiso kaadi-heysta. Ilmahaagu si joogto ah ayuu arrintani loogu samayn doonaa si uu gebi ahaanba u faarujiiyo kaadi-haysta. Cunugaagu wuxuu u isticmaali karaa CIC isla sida caadiyan uu u kaadiyo. Halkii ay iskood u kaadin lahaayeen, waxay isticmaalaan kateetar. Hawshu waxay markiiba noqotaa mid joogto ah, fudud oo si buuxda loo aqbal.

Maxaan u baahanahay inaan ogaado kahor intaan bilaabin?

- Bilaabidda barnaamijka CIC ayaa noqon kara dhacdo weyn oo nolosha qoyska ku soo kororto. Waxaa laga yaabaa inay caalwaa la dareemo. Waalidiinta iyo carruurta intooda badan marnaba tababar ma u maraan kateetarada, markaa waa caadi haddii aad dareento cabsi iyo diyaarsanaan la'aan.
- Kalkaalisadaada ayaa ku bari doontaa tilmaamo tallaabo-ka-tallaabo ah oo khuseeya habraacan. Waxaa jiri doona waqti aad baran doonta inta aad ku jirto isbitaalka ama rugta caafimaadka. Waxaad dhawaan baran doontaa waxa adiga iyo ilmahaaga idiin fiican.
- Kaqaybgeli ilmahaaga barnaamijka CIC iyagoo da' yar. Xitaa carruurta yaryar waxay kaa caawin karaan qaybo ka mid ah isticmaalka iyo daryeelka kateetarka.
- Markaad niyad-wanaag u muujiso oo aad dhiirigeliso ilmahaaga, waxay ka caawinaysaa inay aqbalaan oo ay ka qayb qaataan barnaamijkooda CIC.

Waa maxay sababta loo samaynayo CIC?

- CIC waxaa loo isticmaalaa in lagu maareeyo shaqaynta kaadi-haysta aan si fiican ku shaqaynayn. Waxay kahortagtaa in kaadi-haysta ilmahaaga ay buux dhaafto, taasoo keeni karta dhaawac soo gaara kelyaha.
- Waxay saartaa kaadida ku sii jirta kaadi-haysta haddii kaadi-haysta aan la wada faarujin. Saarida kaadida hartay waxay gacan ka geystaa kahortagga korritaanka bakteeriyada iyo caabuqyada kaadi-haysta.
- CIC waxay kaloo yarayn kartaa gogol ku kaadinta. Carruurta da' dugsiyeedka gaartay, inay isku kaadin waxay siinaysaa kalsooni waxayna ka caawisaa inay ku noolaadaan nolol firfircoon.

1 ee 4

Si Aad Wax Badan u Ogaato

- Dhakhtarka Kaadi-mareenka 206-987-2509
- Weydii bixiyaha daryeelka caafimaadka ilmahaaga
- seattlechildrens.org

Adeegyo Turjumaan oo Bilaash ah

- Marka aad joogtid isbitaalka gudhiisa, weydii kalkaalisadaada.
- Marka aad joogto bannaanka isbitaalka, ka soo wac Khadka Turjumaadda Qoyska ee Bilaashka ah, 1-866-583-1527. U sheeg turjumaanka magaca ama faraca aad doonayso.



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Sideen u sameeyaa CIC?

Maxay tahay sahayda ay tahay inaan haysto?

- Kateetarka
 - Kateetarka sululubka ah ee biyaha ku milmo
Cabbirka: ____ French (halbeeg lagu cabbiro kateetarka)
 - Kateetarka aan biyaha ku milmin (sululub in laga dhigo ayaa loo baahan yahay), Cabbirka: ____ French
 - Kateetarka dheer ama ka gaaban ayaa diyaar ah.
- Wasakhtiraha maqaarka
 - Isticmaal saabuun jilicsan iyo suufka duuduuban, maro yar ama tiishka ilmaha.
 - Haddii ilmahaagu uu ku dhaco caabuqa kaadi-mareenka, daryeel-bixiyahaagu waxaa laga yaabaa inuu kugula taliyo inaad isticmaasho shukumaannada jeermiska dila sida tiishashka jeermis-dilaha leh.
- Gacmo-gashiyada laastikada ah
 - Isticmaalka gacmo-gashiyo nadiif ah marka kateetarka la xiriirinayso waa u ikhtiyaari qoysaska laakiin waxaa laga yaabaa in looga baahdo shaqaalaha dugsiga.
 - Ilmahaagu uma baahna gacmo-gashiyada haddii ay iskood isku gelinayaan kateetarka.
- Weelka lagu kaadiyo (kaadida)
 - Haddii ilmahaagu aanu iskiis isku gelinayn kateetarka markuu joogo musqusha ama agteeda, isticmaal tuunjiga kaadida, garaafe ama weel caag ah si loogu kaadiyo.

Sideen ku helaa sahayda?

- Waxaan ku siin doonaa tiro yar oo kateeter ah iyo sahay kadib tababarka.
- Waxaad u baahan doontaa inaad sahay badan hesho kahor inta aysan kaa dhammaan. Fadlan horay u sii qorsheyso.
- Haddii aad leedahay caymis caafimaad, weydii shirkadda sahayda ee ay tahay inaad isticmaasho (ka mid ah shabakadda). Waxaan u soo diri karnaa rijeeto sahayeed shirkadda sahayda caafimaadka ee aad doorato. Waxaad ka iibsan kartaa kateeterada rijeeto la'aan dukaamada saadka caafimaadka ee la xusho.

Qorshaha kateeter gelinta ilmahayga

Jadwalka kateeter gelinta: _____

Magaca kateetarka: _____

Summada: _____

Cabbirka: _____

Sahayda kale: _____

Maxaa dhacaya haddii ilmahaygu dugsiga tago?

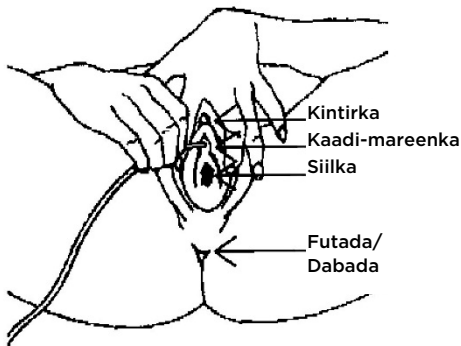
- Waxaan cinwaanka gurigaaga ku soo diri doonaa warqad la yiraahdo Ogolaanshaha Ku Xiriirinta Kateetarka Kaadi-haysta Si Loo Faarujiyo (CIC) ama Is-gelinta Kateetarka ee La Taageero ee Dugsiga. Fadlan u sheeg kooxda daryeelkaaga haddii aad rabto intilmaamo gaar ah laguu soo raaciyo warqaddan.
- Sannad kasta waan cusboonaysiin doonaa tafaasiisha hadda ku jira warqadda.
- Marka aad hesho warqaddan, fadlan gee dugsigaaga.
- Waa inaad tababar siiso shaqaalaha dugsiga ee samayn doona CIC. Fadlan la xiriir kalkaalisada dugsigaaga si aad u dejiso wakhti aad ku tababarto 2-3 qof si aad u tusto, u barto, oo aad ula indha-indhayso farsamada loogu sameeyo CIC ilmahaaga. Mid waxtar leh ayay noqon kartaa in nuqulka buug-yarahan la siiyo qof kasta.
- La shaqee shaqaalaha dugsiga si aad u aqoonsato goob ku habboon inuu ilmahaaga ku sameeyo kateetar is-gelinta. Waasko, saabuun, tiish, iyo asturnaan ayaa loo baahan yahay.
- Iilmahaaga waad u soo dhiibi kartaa sahayda dugsiga maalin kasta ama waxaad ku keydin kartaa meel nadiif ah, qallalan, oo ammaan ah oo ku taala dugsiga.

Kateetarka la mariyo kaadi-mareenka Haddii ilmahaagu leeyahay gus



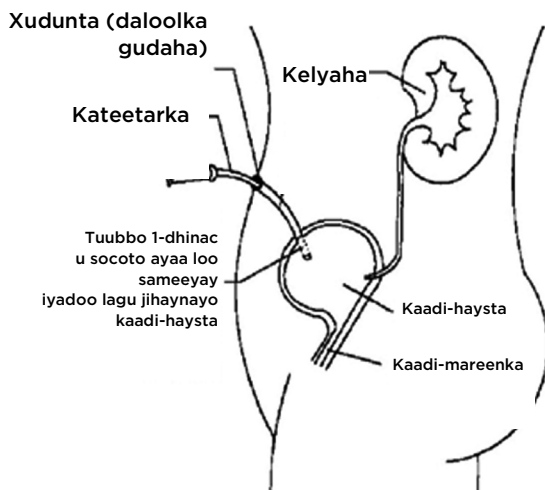
1. Gacmahaaga si fiican biyo iyo saabuun ugu dhaq.
2. Ku qabo guska 1 gacan oo dib u riix buuryada haddii aan la gudin.
3. Adoo adeegsanaya gacanta kale, ku dhaq xubinta taranka suuf qoyan, maro, shukumaanada ama tiishashka ilmaha.
4. Adigoo ku hayo xubinta taranka oo kacsan 1 gacan, soo qaado kateeter nadiif ah oo ka qabo 3 inji afka hore xubinta.
5. Geli caarada kateetarka maadada sululubka ka dhigto haddii loo baahdo.
6. Si tartiib ah u geli kateetarka daloolka guska (kaadi-mareenka) ilaa ay kaadida ka soo dareerto.
7. Haddii kateetarka uusan gelin, u sheeg cunugaaga inuu si qoto-dheer u neefsado si ay muruqyadiisa u dabcaan. Wareeji kateetarka oo isticmaal caddaadis khafiif ah, oo adag si aad u dhaqaajiso kateetarka ilaa ay kaadida ka soo dareerto.
8. Marka kaadidu istaagto, wareeji kateetarka oo si tartiib ah uga saar. Jooji haddii ay kaadida dib u bilaabato.
9. Haddii uusan gudnayn, celi buuryada si aad u daboosho madaxa guska.
10. Ku dhaq xubinta taranka saabuun iyo biyo ama masax. Horay ilaa gadaal u masax.
11. Dhaq qalabka.
12. Gacmahaaga si fiican biyo iyo saabuun ugu dhaq.

Kateetarka la mariyo kaadi-mareenka Haddii ilmahaagu leeyahay siil



1. Gacmahaaga si fiican biyo iyo saabuun ugu dhaq.
2. Lugaha u kala qaad (fadhiga, haddii ay suurtagal tahay, ayaa u fiican marka la faarujinayo).
3. Isticmaal 1 gacan si aad u kala fogayso faruuryaha xubinka. Gacanta kalena, horay iyo gadaal uga dhaq adigoo isticmaalaya tiishka ilmaha, shukumaanada, suufka duuduuban oo qoyan ama maro.
4. Adigoo kala fogaynaya faruuryaha xubinka, soo qaado kateeter nadiif ah oo ka qabo 3 inji afka hore xubinta.
5. Geli caarada kateetarka maadada sululubka ka dhigto haddii loo baahdo.
6. Si tartiib ah u geli kateetarka daloolka ay kaadida ka timaado (kaadi-mareenka) ilaa ay kaadida ka soo dareerto.
7. Haddii kateetarka uusan gelin, u sheeg cunugaaga inuu si qoto-dheer u neefsado si ay muruqyadiisa u dabcaan. Wareeji kateetarka oo isticmaal caddaadis khafiif ah, oo adag si aad u dhaqaajiso kateetarka ilaa ay kaadida ka soo dareerto.
8. Marka kaadidu istaagto, wareeji kateetarka oo si tartiib ah uga saar. Jooji haddii ay kaadida dib u bilaabato.
9. Ku dhaq hareeraha siilka saabuun iyo biyo ama masax. Horay ilaa gadaal u masax.
10. Dhaq qalabka.
11. Gacmahaaga si fiican biyo iyo saabuun ugu dhaq.

Kaadi-mareenka ama daloolka kaadi-bixiyaha



1. Gacmahaaga si fiican biyo iyo saabuun ugu dhaq.
2. Diyaarso kateetarka biyaha ku milmo.
3. Dhaq daloolka adigoo isticmaalaya suuf qoyan, maro, shukumaanada ama tiishka ilmaha.
4. Soo qaado kateetar nadiif ah oo ka qabo 3 inji afka xubinta taranka.
5. Si tartiib ah u geli kateetarka daloolka ilaa kaadidu ay ka soo dareerto.
6. Marka kaadidu istaagto, wareeji kateetarka oo si tartiib ah uga saar. Jooji haddii ay kaadida dib u bilaabato.
7. Ku dhaq daloolka saabuun iyo biyo ama masax.
8. Dhaq qalabka.
9. Gacmahaaga si fiican biyo iyo saabuun ugu dhaq.

Isbitaalka Seattle Children's wuxuu bixiyaa adeegyo turjumaan oo bilaash ah oo loogu talagalay bukaanada, xubnaha qoyska iyo wakiilada sharciga ah ee dhagoolaha ama dadka maqalku ku adag yahay ama kuwa ku hadla luuqad aan Af-Ingiriisi ahayn. Isbitaalka Seattle Children's ayaa macluumaadkan kuugu diyaarin doona qaabab kale kadib marka aad codsato. Ka wac Xarunta Dhigaalada Qoyska lambarka 206-987-2201. Buug-yarahan waxaa dib u eegay shaqaalaha caafimaadka ee jooga isbitaalka Seattle Children's. Si kastaba, baahiyahaagu waa kuwo gaar ah. Kahor inta aadan tallaabo qaadin ama aadan isku halaynin macluumaadkan, fadlan la hadal bixiyaha daryeelka caafimaadkaaga.

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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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1 of 4

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: _____

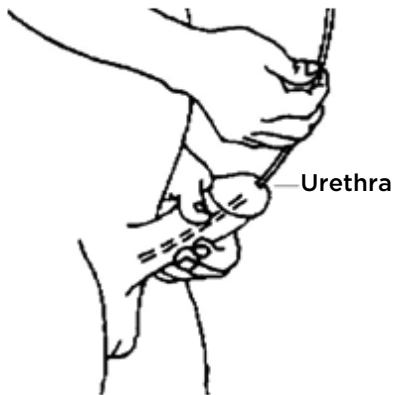
Size: _____

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.

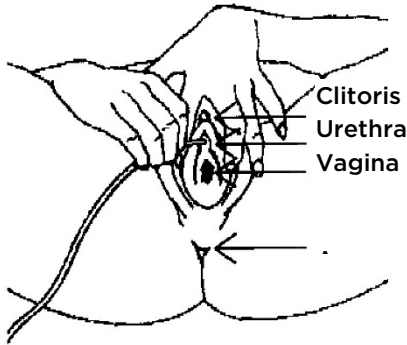
Catheterization through the urethra If your child has a penis



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.

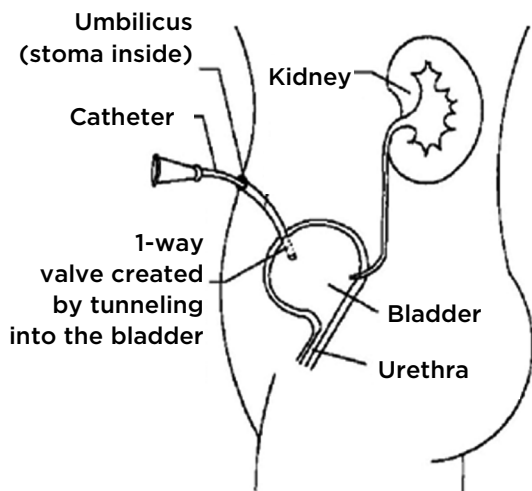
Catheterization through the urethra

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.