

Clean Intermittent Catheterization in Boys

What is Clean Intermittent Catheterization (CIC)?

Clean Intermittent Catheterization (CIC) is a way to empty your child's bladder using a catheter (a hollow plastic tube). You will perform this at regular intervals as instructed by your doctor.

Why does my child need Clean Intermittent Catheterization (CIC)?

Your child needs CIC because their bladder does not empty completely. Some people need to perform CIC for a short time, for example right after surgery. Some conditions may require CIC for a longer period of time. CIC helps empty the bladder to reduce Urinary Tract Infections (UTIs), protect the kidneys and prevent urinary tract damage.

How often does CIC need to be done?

Your health care provider will let you know how often your child needs CIC. Some people may need to catheterize 2-4 times a day and other will need to catheterize as often as every 4-6 hours. It is important that you establish a routine.

What supplies will I need?

- A catheter that will be prescribed by your doctor.
- A clean dry storage container to store the catheter if it is being reused.
- Water-soluble lubricating jelly such as K-Y Jelly. Do not use petroleum jelly such as Vaseline.
- Moist towelette or a washcloth to clean the perineum.
- Liquid antibacterial soap without moisturizer or perfume
- Water

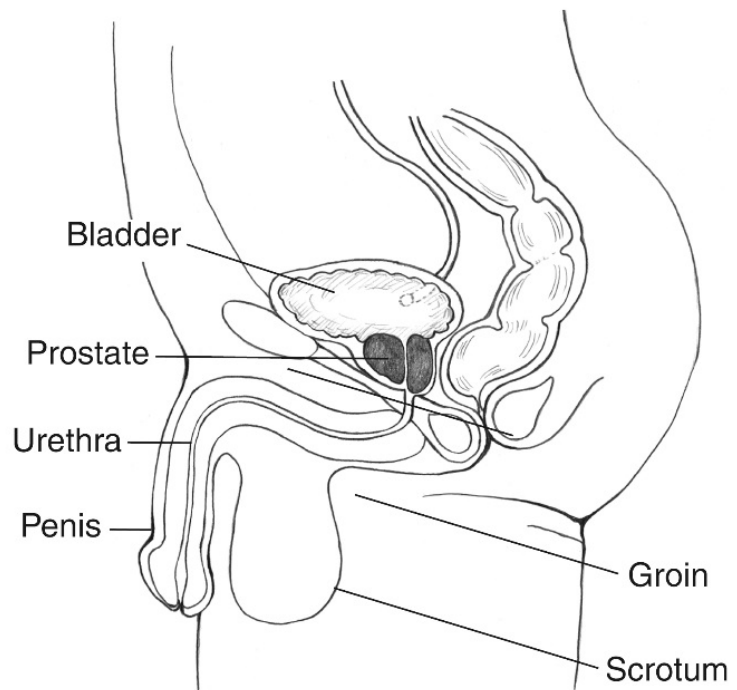
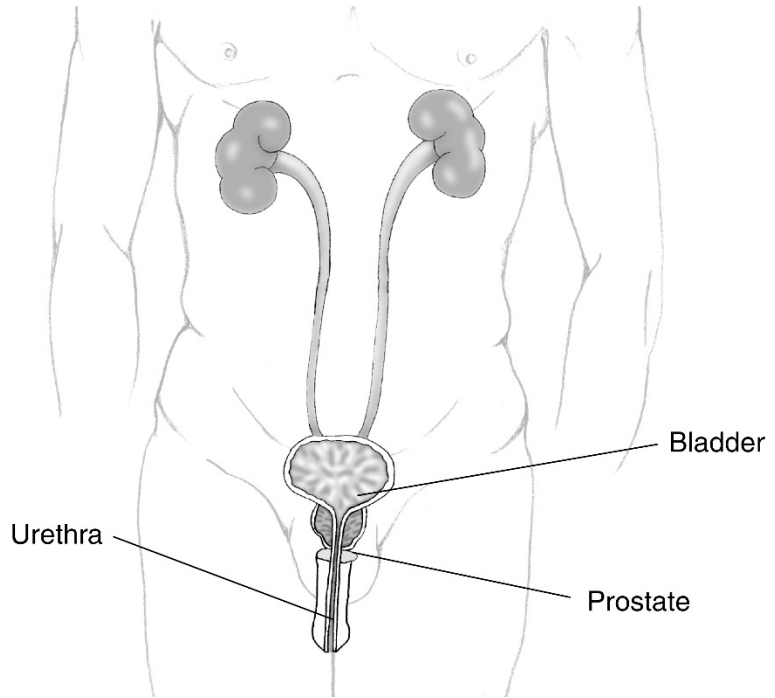
- A measuring cup or basin for draining and measuring the urine. You can also use a diaper if you do not need to measure specific output volumes.
- A clean surface where you can place supplies.

Terms to know:

Urethra: Transports urine from the bladder out of the body. In boys, the urethra is long, S-shaped, and opens at the tip of the penis.

Foreskin: the retractable roll of skin covering the end of the penis.

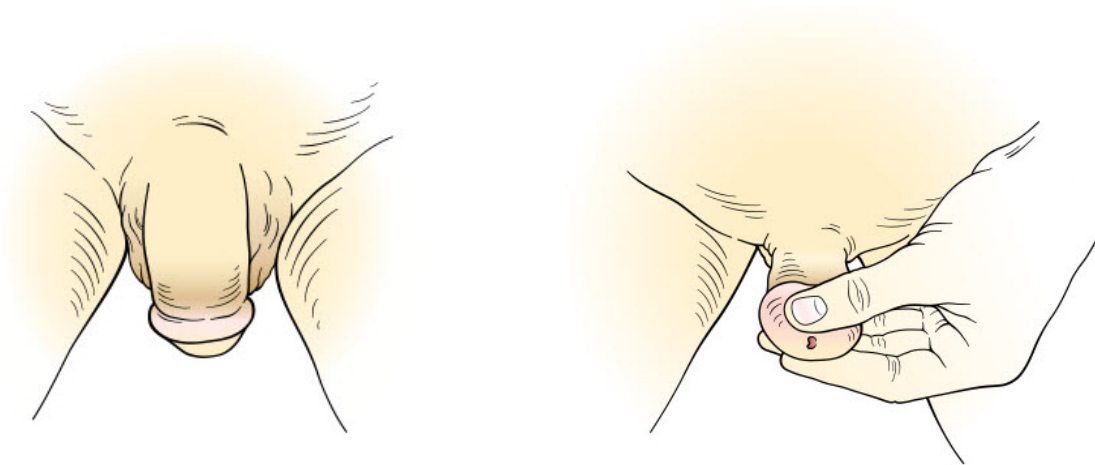
Penis: An outer male reproductive organ. It contains the urethra, which carries semen and urine to the outside of the body.



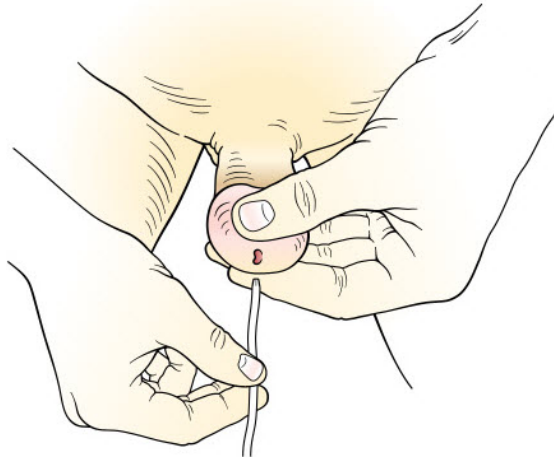
How do I insert the catheter?

Getting started:

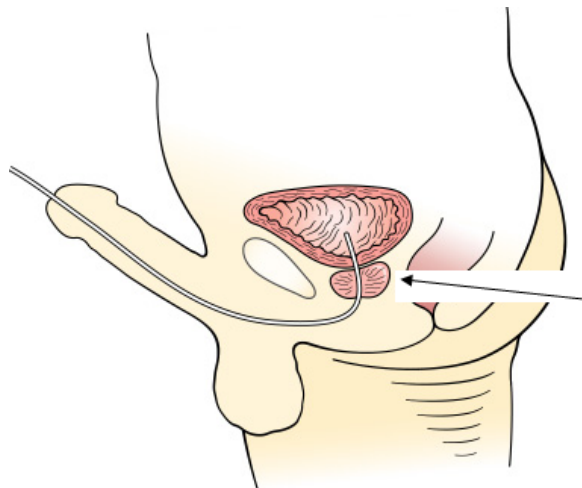
1. Wash your hands with warm water and soap and dry with a clean towel.
2. Place your supplies on a clean surface within reach.
3. Open the catheter package and lubricate the tip of the catheter with the water soluble jelly.
4. Clean the tip of the penis with antibacterial soap on a washcloth, or with a towelette.
5. Hold the penis up towards the stomach. This way the urethra is straightened, making it easier to insert the catheter. If your child is not circumcised, gently pull the foreskin back. Do not force the foreskin back too far.



6. Insert the catheter slowly and smoothly into the opening of the urethra and up into the bladder until the urine starts to flow. You might meet some resistance as the catheter goes through the bladder neck. Use gentle but firm pressure until this muscle relaxes.



7. When the urine starts to flow, gently push the catheter in a little bit, to make sure that the drainage holes are well into the bladder.



8. Once the urine flow stops, gradually remove the catheter. Stop each time you see more urine flow so you can completely empty the bladder.
9. Wipe the penis to clean excess lubricant.
10. When completely finished, wash your hands with soap and water.

Who do I contact if need more information?

- If you have any questions, please contact the University of Michigan, Department of Urology at (734) 936-7030 from 8:00 am - 5:00 pm.
- After business hours or on weekends, please call (734) 936-6267 and ask to speak with the Urology Resident on Call.

What do I need to watch for?

Call your pediatric urology if your child has the following signs and symptoms that may indicate an infection:

- Foul smelling urine
- Cloudy urine
- Blood in the urine.

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