

# Clean Intermittent Catheterization in Girls

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## **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 others 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 (the area between the anus and the vulva.)
- 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:**

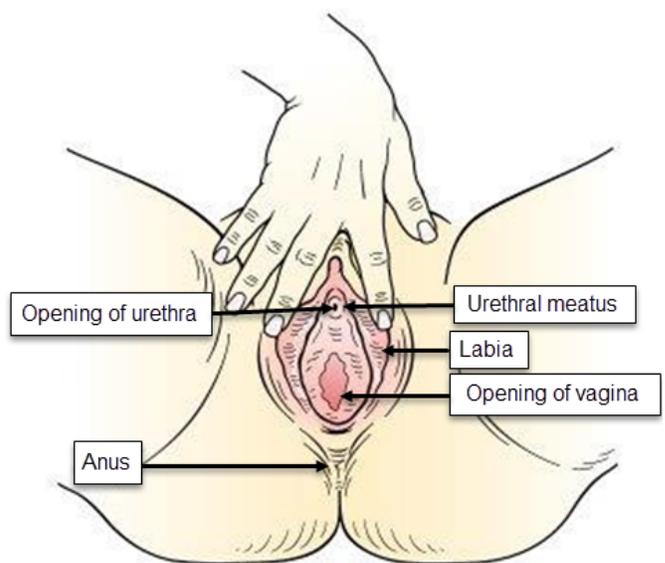
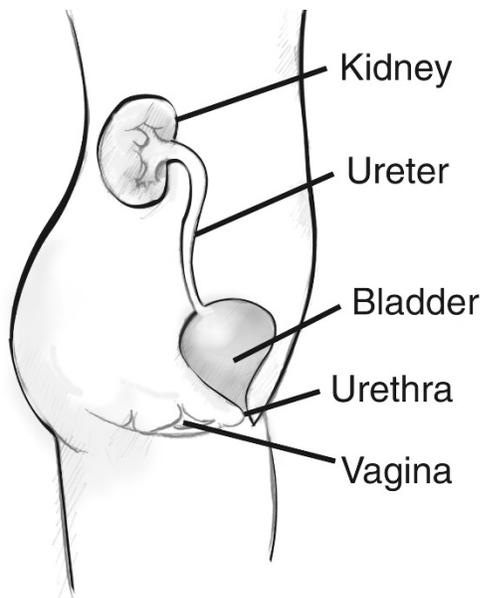
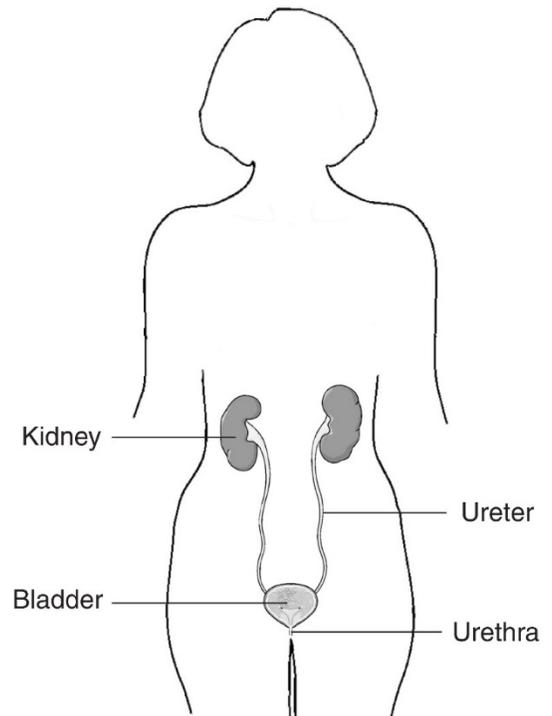
**Urethra:** The tube that moves urine from the bladder out of the body. In girls, the urethra is short and straight. It opens in the genital area just above the vagina.

**Urethral meatus:** the opening to the urethra where urine exits.

**Perineum:** the whole area around the urethral meatus and vagina.

**Labia:** the outer folds of skin on either side of the urethra.

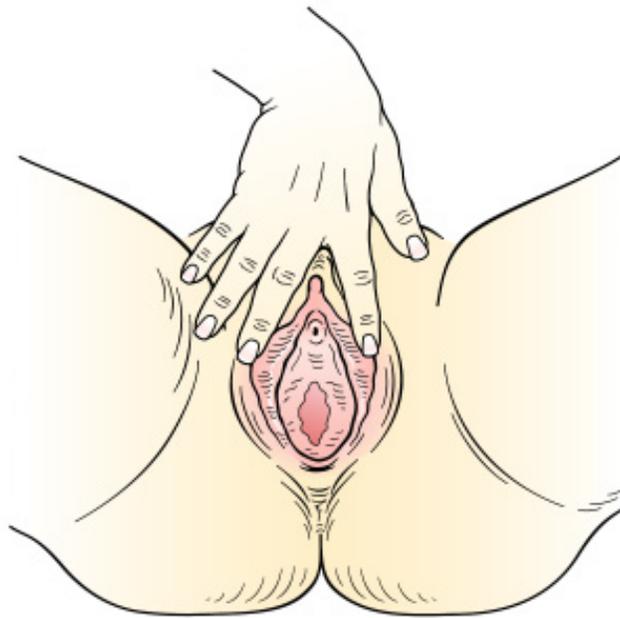
**Vagina:** a canal in a female that goes from the uterus to the outside of the body into the area between the labia.



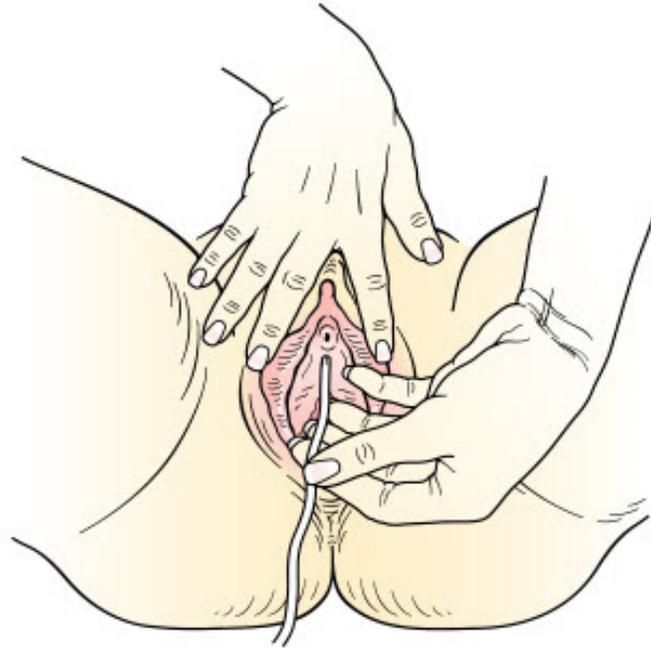
## How do I insert the catheter?

Getting started:

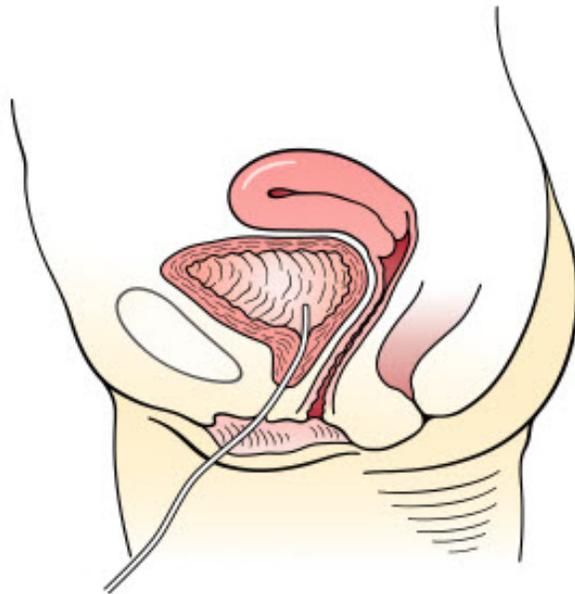
1. Wash your hands with warm water and soap and dry with a clean towel.
2. Place your supplies on a clean surface within reach.
3. Open the catheter package and lubricate the tip of the catheter with the water soluble jelly.
4. With your thumb and index finger of one hand (usually non-dominant hand), spread the **labia** (the outer skin on either side of the urethra) apart and lift it gently upwards. You should now be able to see the opening of the **urethra**.



5. Clean the **perineum** from front to back using the antibacterial soap on a washcloth, or with a towelette.
6. With your other hand (dominant hand), slowly insert the catheter into the opening of the **urethra** until the urine starts to drain out.



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 **perineum** from front to back 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.

### **When should I call for help?**

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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