

# Clean Intermittent Self-Catheterization for People with Penises

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## What is clean intermittent self-catheterization (CIC)?

Clean intermittent self-catheterization (CIC) is a way to empty your bladder using a **catheter** (a thin, flexible tube). You will do this at regular times as instructed by your doctor.

## Why do I need to do CIC?

You need to do CIC because your bladder does not empty completely, or it does not empty at all, on its own.

- Some people only need to do CIC for a short time (for example, right after bladder surgery). Some conditions may require a person to do CIC for a longer period of time.
- Doing CIC will help you keep your bladder empty and decrease the chances of bladder infection.
- Some people do CIC instead of wearing a continuously draining catheter.

## How often do I need to do CIC?

- Your health care provider will let you know how often you need to do 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.
- When it is time to empty your bladder, you may have a feeling of fullness or you may feel the need to urinate (pee) but you aren't able to. There are some patients who know they need to empty their bladder through signs like feeling restless, sweating, chills, or getting a headache.
- Generally, you will need to catheterize often enough to keep the amount of urine (pee) you drain from the catheter below 10-14 ounces.

- It is important that you get into a routine with your CIC. We may give you a “bladder diary,” where you will keep track of the time you pee or catheterize and how many ounces of urine has drained (with either peeing or catheterizing).
  - After you get into a good routine, you won’t need to continue to measure your urine. This could take several weeks or several months. Everyone is different. Your doctor will clarify when you can stop measuring your urine.

### **What supplies will I need?**

- A catheter (that will be prescribed by your doctor)
- Water-soluble lubricating jelly, such as K-Y® Jelly (do not use petroleum jelly like Vaseline®)
- A moist towelette or a washcloth to clean the **urethral meatus** (the opening to the urethra on the tip of the penis which leads to the bladder)
- Liquid antibacterial soap without moisturizer or perfume, and water
- A toilet, urinal, or basin for draining and measuring the urine
- A clean surface to place your supplies on

### **How do I catheterize myself?**

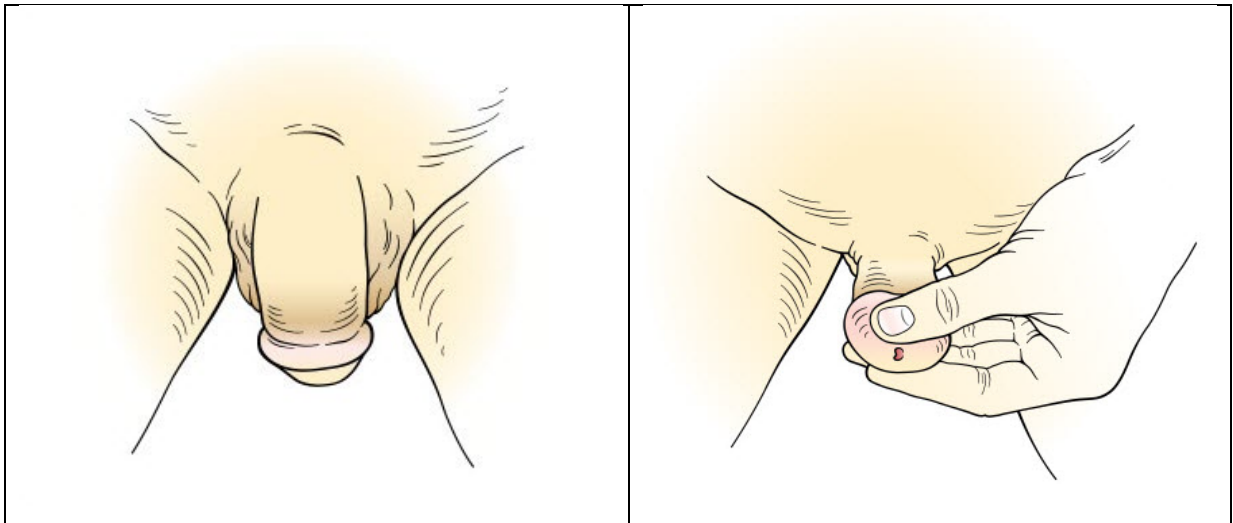
#### **Getting started:**

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 2-4 inches of the catheter tip with the water-soluble jelly.
4. Get in a comfortable position for catheterization. You may stand at or sit on the toilet. Another option is to sit on the edge of a seat if you are using a urinal for drainage.

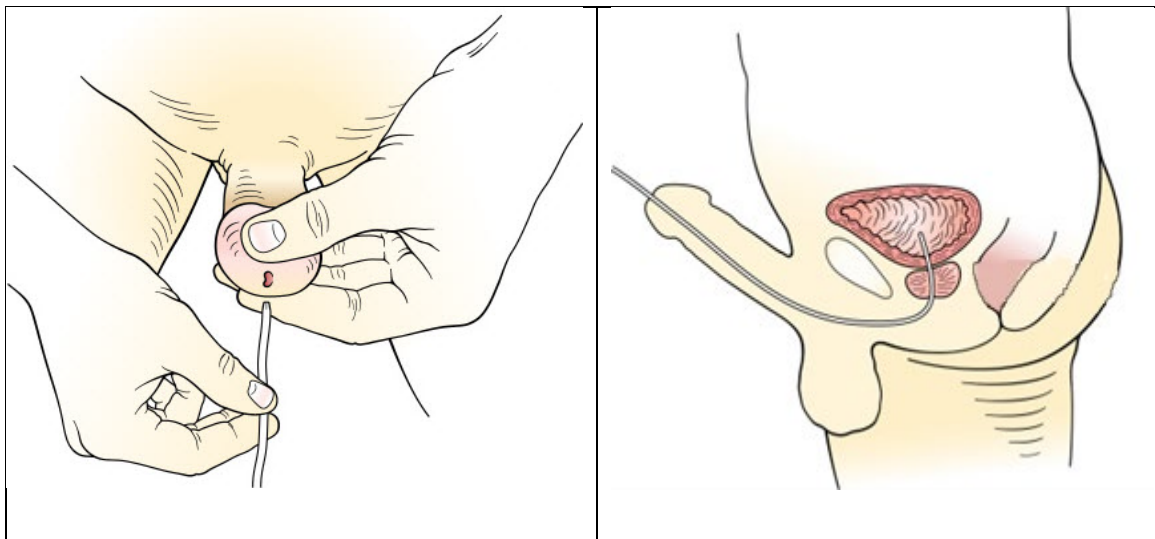
5. Clean the tip of your penis in a circular motion going outward from your urethral meatus using antibacterial soap on a washcloth or with the towelette. If you have foreskin, pull back the foreskin for cleaning.

**Steps for catheterization:**

1. With one hand, hold your penis at about a 45-90 degree angle to your stomach (your provider will show you the best angle for you).



2. Using your other hand, insert the catheter slowly into the urethral meatus using a steady, gentle pressure.



- When you have inserted the catheter about 6 inches, you may meet with resistance (it may feel like you cannot push the catheter any farther). This is because you have reached the area of the sphincter muscle. Use gentle but firm pressure on the catheter until the muscle relaxes and the catheter becomes easier to move.
  - Continue inserting the catheter until you see the urine flow.
  - If you are using an angle tip (**coude**) catheter, be sure the angle is facing upward. Follow the blue line on the clear catheter or the bubble at the open end on the red rubber catheter as a guide.
3. Once you see urine flow, insert the catheter one more inch, draining the urine into a container that is lower than the level of your bladder to help with drainage.
  4. Keep the catheter in your bladder until the urine stops flowing.
  5. Once the urine flow stops, slowly remove the catheter. Stop each time you see more urine flow, so you can completely empty the bladder.
  6. If you are using a single-use catheter, you can throw out the catheter. If it is not a single-use catheter (meaning that you are reusing the same catheter), place the catheter in a clean, dry storage container. We will give you instructions on properly caring for and storing catheters.
  7. Wipe the lubricant off your penis. If you have foreskin, pull your foreskin back to its normal position.
  8. When you're finished, wash your hands with soap and water.

### **Important things to remember for CIC:**

- When you are leaving home, take several catheters with you (so you will have one available if you need to catheterize more than once).
- Make sure to follow your doctor's instructions for how to catheterize.

- If you are running low on catheters, thoroughly rinse the one you have with warm soapy water after using it and lay it on clean surface to air dry. Please contact your supply company or provider for more catheters.
- Always wash your hands before and after self-catheterization.
- If your routine is to catheterize every 3-4 hours, make sure your first catheterization is first thing in the morning and your last catheterization is just before you go to bed.
- If you are regularly getting urine amounts of more than 14 ounces during your first CIC in the morning, you should catheterize once during the night. You may need to set an alarm to wake yourself up for CIC during the night.
- Drinking enough fluids is important for bladder health. Do not drink less fluid to decrease your need for self-catheterization.
- Call your doctor if you have trouble moving the catheter into your bladder.
- Do not press down on your bladder to empty it. Your bladder will drain by gravity. Hard pressure on your bladder may push your urine back into your kidneys.

### **Who do I contact if need more information?**

- If you have any questions, please contact the Michigan Medicine Department of Urology at (734) 936-7030 on Monday through Friday between 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?

### Signs of infection:

Call your doctor if you have any of the following signs and symptoms of a possible infection:

- Bad-smelling urine
- Cloudy urine
- Change in the color of your urine, or blood in your urine
- Fever of 101° F or higher

Along with calling your doctor, increase your fluid intake if you have any of these symptoms. Remember that you will need to increase the number of times you catheterize yourself as well.

### More urgent concerns:

For people with high spinal cord injury, a bladder that is too full can also cause extremely high blood pressure and headache. This can lead to severe complications. If you have a high spinal cord injury and get a severe headache, empty your bladder immediately.

- If you go to the emergency room (ER), please ask the ER doctor to contact the Michigan Medicine urology resident on call for support.

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