

# Clean Intermittent Catheterization Through the Urethra or a Mitrofanoff Stoma

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## A word to parents

This handout is written to help you and your child better understand how the bladder is emptied using clean intermittent catheterization (CIC). Starting a catheterization 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.

There is no single way to manage clean intermittent catheterization that is right for everyone. You will soon learn what works best for you and your child. Involve your child in the catheterizations 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 clean intermittent catheterization program.

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## What is clean intermittent catheterization?

Clean intermittent catheterization (CIC) means putting a catheter (tube) through your child's bladder opening (urethra) or Mitrofanoff channel into their bladder on a regular basis. Urine flows out of the catheter and the bladder is emptied. You will do this regularly to completely empty the bladder. CIC can be done like normal voiding. Instead of making a urine stream all on their own, your child uses a catheter. The process soon becomes routine, simple and well-accepted.

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## Why do intermittent catheterization?

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 left over 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.

1 of 5

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### To Learn More

- Urology  
206-987-2509
- Ask your child's healthcare provider
- [seattlechildrens.org](http://seattlechildrens.org)

### Free Interpreter Services

- In the hospital, ask your child's 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.



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## How to do clean intermittent catheterization

### What equipment do I need to gather?

- Hydrophilic self-lubricated catheter. Size: \_\_\_\_\_ French
- Non-hydrophilic (lubrication required) Size: \_\_\_\_\_ French  
Longer or shorter catheters are available.
- Skin cleanser
  - Use soft soap and cotton balls, a wash cloth 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 personnel.
  - Gloves are not needed if your child is inserting their catheter on their own.
- Container for 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.

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### My child's catheterization plan

**Catheterization schedule:**

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**Catheter name:** \_\_\_\_\_

**Brand:** \_\_\_\_\_

**Size:** \_\_\_\_\_

**Other supplies:**

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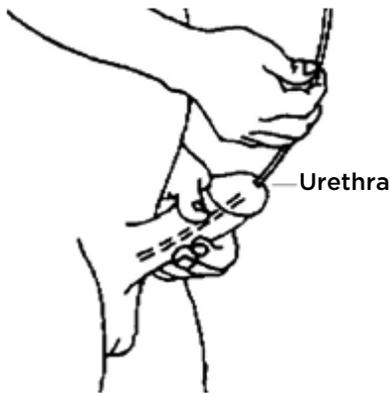
### How do I get catheters and supplies?

- We will give you a small number of catheters and supplies after training.
- You will need to get more supplies before you run out. It's a good idea to plan ahead.
- Ask your insurance company 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.

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### Catheterization through the urethra

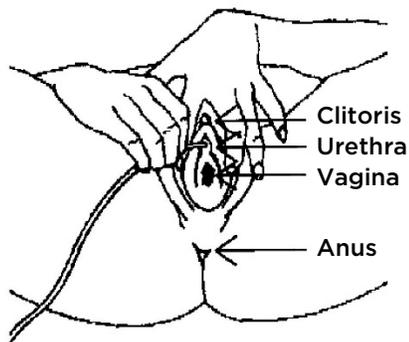
#### If you have a penis



1. Wash hands well with soap and water.
2. Hold the penis with one hand and push the foreskin back if uncircumcised.
3. With the other hand, wash the penis using moist cotton balls, a wash cloth, towelettes or a baby wipe.
4. Holding the penis erect with one 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 bladder opening (urethra) until the urine begins to flow.
7. If the catheter won't go in, ask your child to take a deep breath to relax his muscles. Rotate the catheter and use gentle, firm pressure to move the catheter in until urine flows.
8. Once the urine has stopped, rotate the catheter and remove slowly. Stop if urine starts to flow again.
9. Return the foreskin over head of the penis if uncircumcised.
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.

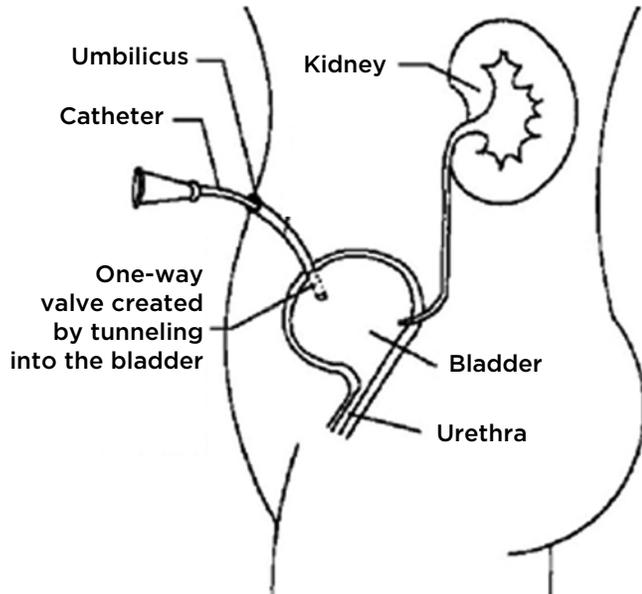
### Catheterization through the urethra

#### If you have a vagina



1. Wash hands well with soap and water.
2. Spread legs apart (sitting, if possible, is best for emptying).
3. Use one hand to move the labia apart. With the other hand, wash from front to back using baby wipes, towelettes, moist cotton balls or a wash cloth.
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 bladder opening (urethra) until the urine begins to flow.
7. If the catheter won't go in, ask your child to take a deep breath to relax her muscles. Rotate the catheter and use gentle, firm pressure to move the catheter in until urine flows.
8. Once the urine has stopped, rotate the catheter and remove it slowly. Stop if urine 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 wash cloth, 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 urine begins to flow.
6. Once the urine has stopped, rotate the catheter and remove it slowly. Stop if urine 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.