

Clean intermittent catheterization (CIC) Step-By-Step Instructions

Step 1: Cleaning the catheters (just after using)

- Wash catheters with warm, soapy water and rinse well, inside and out. Liquid hand or dish soap works well and is safe.
- You can also use a syringe to flush the catheter. A syringe is a hollow tube with a plunger.
- Dry the catheter with a towel and store it in a plastic bag labeled “dirty” to be sterilized later that day.

Step 2. Sterilizing (once per day)

The nurse will tell you if you need to sterilize the catheters by boiling or if you can sterilize with vinegar only.

Option 1: Sterilize by boiling

- Once a day put all the washed catheters in a large pan of boiling water for about 10 minutes.
- Do not forget to take the catheters out or they will be damaged.
- Then place catheters on a clean paper towel to air dry. It is important not to have any wet spots or any moisture inside the catheter because germs can grow there.
- Store the catheters in a clean zip-lock plastic bag or container in a safe place.
- The same catheter can be reused and cleaned for about a week unless it becomes rough, stiff, cracked or damaged in any way.

Option 2: Sterilizing with vinegar

- Wash the catheters with warm, soapy water.
- Rinse thoroughly two times.
- Soak catheters in a solution of about 250 mL (one cup) of vinegar in a basin of room temperature water for about 30 minutes.
- Rinse catheters with clean water.
- Put catheters on a clean paper towel to air dry. It is important not to have any wet spots or any moisture inside catheter.