

Mary Bridge Children's Urology Clinic
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INTERMITTENT CLEAN CATHERIZATION FOR BOYS

PURPOSE

1. To empty bladder at appropriate intervals.
2. To prevent bladder distention.
3. To reduce chances of symptomatic bladder infections.
4. To protect kidneys.

EQUIPMENT

1. Catheter of appropriate size.
2. A warm wet washcloth or diaper wipes.
3. Soap and water.
4. Sterile lubricating jelly if using dry catheters.
5. Container to collect urine if unable to use toilet.

PROCEDURE

1. Assemble equipment in appropriate private location to avoid unnecessary exposure for procedure.
2. Boys may either lie down, sit up, or stand.
3. Wash hands with soap and water.
4. Wash penis with soap and water at least once a day. If not circumcised, pull back foreskin and wash.
5. Wipe penis clean with diaper wipe before each catheterization.
6. Lubricate the catheter (sterile lubricating jelly or water depending on type of catheter.)
7. Make sure the large opening of the catheter is in the container or toward the toilet.
8. Hold penis with one hand and with the other gently push the catheter into the urethra until urine comes out, then another inch.
9. The catheter may seem to get stuck just before the catheter enters the bladder. This is because of sphincter spasm and is quite normal. Breathe deeply. This helps relax the muscles and helps overcome resistance to entry.
10. Hold catheter in place until flow of urine has stopped.
11. Press gently on stomach to help squeeze urine out. When no more urine comes out of the catheter start to slowly pull out, if more urine begins to flow, stop pulling until no more urine comes out.
12. Pinch end of catheter and pull out so urine does not drip out.
13. Dry penis and dress yourself or get someone to help.
14. If foreskin has been pulled back, bring it back to original position covering the head of the penis.

15. If catheterizing into a container, discard urine in toilet and rinse out container.
16. Wash hands thoroughly.

Use a new catheter every time.

The most important thing is the you catheterize yourself often enough. Every 3 hours (5-6 x a day) is usually sufficient.

Do not catheterize during the night unless instructed otherwise. Drink lots of water. It is important to reduce the amount of bacteria going into the bladder.

Bacteria in the urethra and on the catheter is unavoidable. By catheterizing often you will keep bacteria from growing rapidly in the urine.

WARNING SIGNS TO LOOK FOR:

1. Foul, strong odor to urine = drink more fluids and cath more often.
2. Fever and chills.
3. Pain in lower abdomen.
4. Difficult to pass catheter.
5. Bloody discharge in urine.

If any persist, please call and let your Doctor know.