

Mary Bridge Children's Urology Clinic

Kevin Gandhi, MD

## Intermittent Clean Catheterization for Girls

### PURPOSE

1. To empty bladder at appropriate intervals
2. To prevent bladder distention
3. To reduce chances of symptomatic bladder infections
4. To protect the 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. Wash hands with soap and water.
3. Girls lie on back with knees flexed and separated or seated on toilet with legs spread.
4. Separate labia for thorough cleansing. Wash the urethral opening well with wipes washing in a downward direction from front to back.
5. Lubricate catheter (sterile lubricating jelly or water depending on type of catheter).
6. Make sure the large opening of the catheter is in the container or toward the toilet.
7. Open the labia with two fingers on one hand. With the other hand gently push the catheter into the urethra until urine comes out, then another inch. Be sure you insert the catheter into the urethra and not into the vagina. Take time to learn where these openings are on your body. If you insert the catheter into the vagina, rinse it, lubricate it and start over.

8. The catheter may seem to get stuck just before it enters the bladder. This is because of the sphincter spasm and is quite normal. Breathe deeply. This helps relax the muscles and helps overcome resistance to entry.
9. Hold catheter in place until flow of urine has stopped.
10. You may press gently on stomach to help squeeze urine out.
11. When no more urine comes out of the catheter start to 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 area and dress yourself or get someone to help.
14. If catheterizing into a container, discard urine in toilet and rinse out container
15. Wash hands thoroughly.

Use a new catheter every time.

The most important thing is that you catheterize yourself often enough, every four hours.

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 OUT FOR:**

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

If any of these symptoms persist, please call and let your doctor know.