

INFORMATION LEAFLETS FOR PARENTS / CARERS OF A CHILD

(Girls)

Requiring Urethral Clean Intermittent Catheterisation (CIC)



WHAT IS CIC?

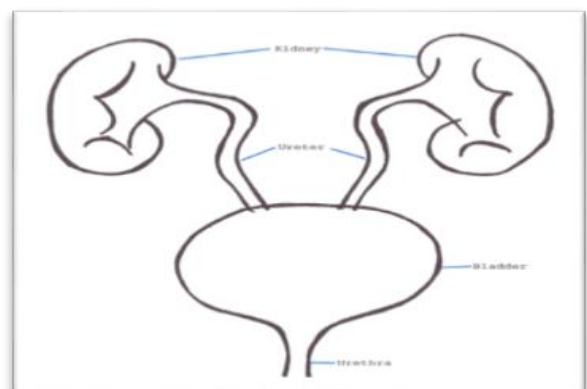
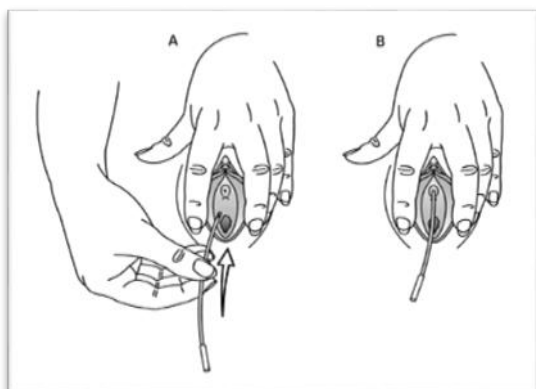
Clean intermittent Catheterisation (CIC) is the term often used to describe the insertion of a catheter (hollow tube) into the bladder to drain urine.

WHY DO I NEED TO DO CIC?

The reason for performing CIC is that your bladder is not emptying properly this will be discussed with your/your child by your Doctor and Nurse. If significant residual urine is left in the bladder it can result in increased pressure on the kidneys, urinary tract (kidney) infections and wetting episodes. Therefore, the aim of regular CIC is to prevent kidney damage, prevent infection and to help you stay dry.

HOW?

- Urethral CIC means inserting the catheter through the urethra into the bladder (where wee comes out).
- Collect your equipment
- Wash your hands thoroughly with warm soapy water.
- The best position is sitting or lying on your bed. If possible, we will teach you to catheterise while sitting on the toilet this will make it easy for you to catheterise while out and about.
- Ensure the area is clean. Open the folds of labia using the middle and first fingers so you can see the opening of the urethra.
- Slide the catheter gently into the urethra until you get a flow of urine and then slide it in a further inch.
- Once the flow stops slowly take the catheter out, stopping if any more wee begins to drain.
- Catheters can be disposed in the household bin at home.
- Wash your hands again



- **You may feel a tightness when you get to the bladder neck, which is a tight ring of muscle at the bottom of your bladder. Do not jab the catheter in and out; simply continue to slowly push the catheter with firm gentle pressure until the muscle relaxes. A good cough or letting out a big deep breath can help.**

SIGNS AND SYMPTOMS TO OBSERVE CLOSELY FOR:

- **URINARY TRACT INFECTION** - Symptoms may include temperature, nausea, vomiting, back/tummy pain, foul smelling wee. If you are unwell you should take a urine sample and contact your GP for review. Increase fluid intake and continue CIC as usual. **PLEASE DOCUMENT ALL INFECTIONS AND BRING RESULTS TO YOUR HOSPITAL APPOINTMENT FOR REVIEW.**
- **BLOOD IN THE URINE**-It is not unusual to see a few specks of blood in the wee or on the tip of the catheter especially when you first start catheterising. The urethra and inside of the bladder can bleed slightly with friction from the catheter. Please contact GP/hospital for advice if bleeding is significant.
- **DIFFICULTY INSERTING THE CATHETER**-This may occur during an infection, or due to inflammation of the urethra. If it is difficult to insert your catheter, do not keep trying, wait for a short while (30-60mins) then try again. If this is unsuccessful contact the hospital for further advice.

For more information on CIC please contact Urology CNS in Our Lady's Children's Hospital, Crumlin, Dublin.

CONTACT DETAILS:

01 4096100 Bleep 8686 / 01 4096100 Bleep 8687

If you need assistance out of hours contact your GP or local emergency department.

REMEMBER: Ask your nurse if you are unsure about anything about your child's care.

Additional instructions

Developed by Urology CNS

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