

## WHAT IS CIC?

### INFORMATION LEAFLETS FOR PARENTS / CARERS OF A CHILD

(Boys)

### Requiring Urethral Clean Intermittent Catheterisation (CIC)



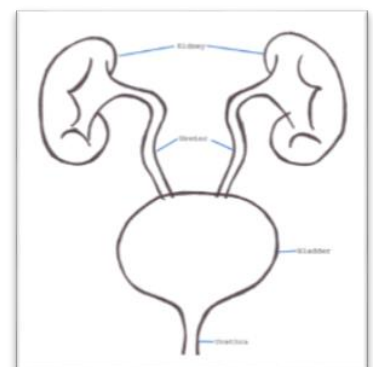
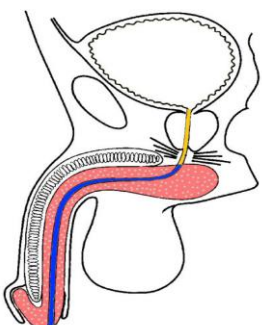
Clean Intermittent Catheterisation (CIC), is the term often used to describe the insertion of a catheter (hollow tube) into the bladder to drain urine.

#### Why do I need to do CIC?

There are many reasons for performing CIC and your doctor and nurse will discuss why you need to do this to your / your child's bladder in detail. However the usual reason is that your/your child's bladder is not emptying properly. If 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. You will be educated and trained to carry out this technique.

#### HOW?

- Urethral CIC means inserting the catheter into the urethra (where wee comes out).
- Collect your equipment and wash your hands thoroughly with warm soapy water.
- Ensure the area is clean; gently pull back the foreskin so you can see the urethral opening.
- Hold the penis upright (towards your bellybutton) so that the urethra is straight and insert the catheter gently.
- Continue to insert the catheter until urine begins to flow out.
- Gently slide the catheter in an inch further and hold it there until the urine flow stops.
- When the urine stops, slowly withdraw the catheter. Stop each time more wee drains out.
- Catheters can be disposed in the household bin at home.



- 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 Clinical Nurse Specialists, in Our Lady's Children's Hospital, Crumlin, Dublin (within working hours)

**CONTACT DETAILS**

Phone 01 4096100 Bleep 8687 / 8686

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

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

**Additional instructions**


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