

Catheterize your child every _____ hours.

1. Gather your equipment. You will need:

- Water soluble jelly such as KY Jelly. (Don't use petroleum jelly. It does not dissolve in water and wash away.)
- Catheter, size _____ available from _____.
- Clean washcloth.
- Clean towel.
- Bucket into which urine can drain (some children can sit on the toilet).

2. Wash your hands well.

This is very important. Hands carry germs which can enter the bladder through the catheter. Germs in the bladder can grow and lead to infection.

3. Position you child.

Your child can either:

- lie on a safe, convenient place with the bucket alongside, or
- sit on the toilet.

4. Wash the area between your child's legs.

- Use a soapy washcloth.
- Wash from front to back
- Wash the penis from its tip down.
- You want to move germs away from the opening to the bladder, not toward it!
- Pat dry with a clean towel.

5. Squeeze a small drop of jelly onto the catheter tip.

Rub it over the first 2 inches of the catheter.

6. Gently push the catheter into the urethral opening.

- Hold the catheter like a pencil.
- Make sure the end of the catheter is over the bucket.
- Hold a boys penis up at a 45 degree angle (like 12 o'clock) while putting the catheter into the bladder.

7. Foreskin

Don't try to pull the foreskin back in babies. Pull back a little, very gently if the boy is 3 years or older. The foreskin won't pull right back until age 8 - 11 years.

8. Keep pushing until the urine begins to flow.

Partial retraction with force may begin at age 3 or older. If the catheter sticks before the urine begins to flow, stop, wait for a few seconds and then try to push it further. It is not expected to fully retract until age 8 to 11 years.

9. Once the urine stops flowing, pull the catheter out.

If the urine starts flowing again, leave the catheter until it stops and then withdraw it.

10. Clean the area again and put on pants/diaper.

11. Wash the catheter with soap and water.

Dry the catheter with a clean towel. Store it in a closed container like a plastic tub or ziplock bag.

You can use the catheter for two to four weeks before throwing it away.

12. Before you flush the urine down the toilet, check it.

Make sure that it is clear, not cloudy, and has no unusually bad smell. These are signs of infection. Report these signs to the clinic nurse or phone your family doctor for advice. This is particularly important if your child is wet between catheterization and/or is hot and feverish or cranky.

Developed by the health care professionals of the Urology Department with assistance from the Department of Learning and Development

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Reviewed 2006**

Clean Intermittent Catheterization



An agency of the Provincial Health Services Authority

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