

Clean Intermittent Catheterisation For Females

Patient information - Department Urology

What is clean intermittent catheterisation?

Clean intermittent catheterisation (CIC) is a simple procedure to empty the bladder. It involves passing a small tube called a catheter up the urethra (from where urine normally drains), into the bladder to allow the urine to empty.



Why might CIC be necessary?

When going to the toilet it is usual to pass most of the urine that is in the bladder. There are some situations however, where the bladder may not fully empty.

Most commonly this may be due to:

- Bladder muscles that are too lax for the bladder to empty.
- The effect of bladder surgery.
- Injury to the spinal nerves.
- Blockage of the urethra.

How often should the bladder be emptied?

You should catheterise whenever you feel full.

If you cannot feel your bladder, you should catheterise when you wake in the morning, 2-3 times during the day and just before you go to bed at night.

Check the amounts you drain off now and then to see that your bladder is not holding more than 300-400 mL. If the amount is more than this, you need to catheterise more often.

The doctor, continence advisor or specialist nurse who is supervising your care will work with you to determine the frequency of catheters.

Does CIC lead to infection?

There is always a chance of infection when using a catheter but this is less of a risk than not regularly emptying your bladder. CIC is not a sterile procedure, but it is important to wash your hands thoroughly before and after catheterisation.

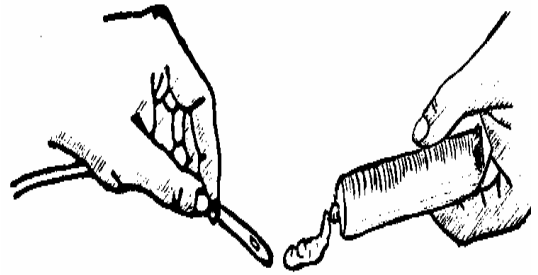
Getting started

1. Collect the necessary equipment:

- catheter
- water soluble lubricant
- toilet tissue or wet wipes

Additional equipment if required:

- container for collecting the urine if not using the toilet
- mirror
- torch or lamp



2. Wash your hands.

3. Set up your equipment on a clean, easily accessible surface.

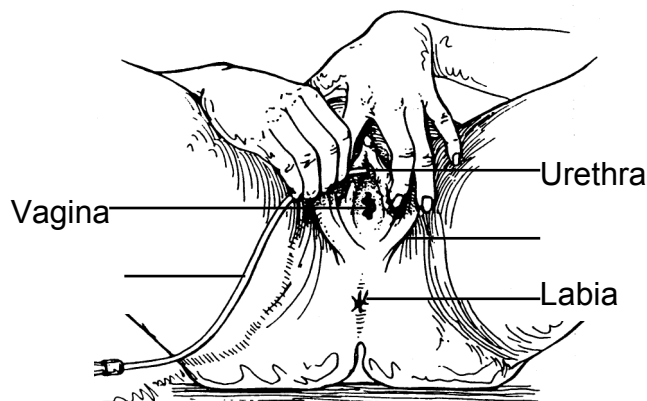
- ensure the catheter is within reach
- open the lubricant

4. Assume a comfortable position. This may be lying on your bed, sitting on the toilet or wheelchair or standing over the toilet. You may need to set up a mirror so you can see your vulval area.

5. Remove the catheter from the clean container or packet. Try not to touch the end that is going into your bladder.

6. Apply lubricant to the insertion end of the catheter.

7. Part the labia with one hand, then holding the catheter in the other hand (about 5 cm from the tip) gently insert the catheter into the urethra. Direct the catheter upward until urine flows.



Let the urine pass into the toilet or container, leaving the catheter in place until all urine has drained.

8. When urine stops flowing, slowly withdraw the catheter. If more urine starts draining, stop removing the catheter to allow this to empty. When there is no more urine flowing, you may remove the catheter.
9. Clean the catheter by rinsing it under clean running water, tip end upward. Shake dry and store in a clean, dry, sealed container ready for the next use.
10. Wash your hands.

The catheter can be used for one week and then thrown away.

Change or clean your catheter container once a week.

Troubleshooting

Urinary tract infection

If your urine becomes cloudy or has an odour, or you have increased pain or burning when inserting the catheter, you may have an infection. If you suspect that you have a urinary infection, it is important to seek advice from your GP promptly. Do not wait until you get sick.

Blood in the catheter or urine

Occasionally with self catheterisation you may see blood in the urine or catheter. This is normal and nothing to be anxious about.

- Try using more lubricant
- Check for signs of infection

Only be concerned if the bleeding persists or becomes heavy. Seek medical advice if this occurs.

Difficulty introducing or removing the catheter

This may result from an awkward technique or spontaneous spasm of the sphincter muscles.

- Check that you are in a comfortable position.
- Take some deep breaths, relax as you slowly exhale, gently but firmly introduce or remove the catheter.
- Try using more lubricant.
- Take a break from trying to insert the catheter. Walk away for several minutes before attempting to insert the catheter again.

No urine is draining

- Ensure that the catheter has been inserted far enough to reach the bladder.
- Gently try pulling the catheter back a short distance.
- Check that the catheter is not in the vagina. If this occurs always clean the catheter before trying to re-insert it into the bladder.

Useful phone numbers

GP _____

CONTINENCE ADVISOR _____

DISTRICT NURSE _____

SUPPLY DEPARTMENT _____

Useful information

Type of catheter _____

Size of catheter _____

If required on a long term basis your nurse or continence advisor will arrange an ongoing supply. Catheters may be obtained from: The Health & Mobility Shop, 285 Wairakei Rd, Christchurch or directly from the manufacturer.

For more information about:

- your health and medication, go to www.healthinfo.org.nz
- hospital and specialist services, go to www.cdhb.health.nz