

Clean Intermittent Catheterization (CIC)

This sheet walks you through the steps for Clean Intermittent Catheterization (CIC). *Intermittent* means that the *Catheter* (a small, thin tube) is not left in you permanently, but is used to empty the bladder periodically when needed. *Clean* means that each time catheterization is done, a brand-new catheter is used to decrease the risk of infection.

Why is it necessary?

In some people, the bladder doesn't empty as completely as it should. CIC is the standard method to drain the bladder for people who are living with a poorly functioning bladder (or a blockage) that causes urine to be retained in the bladder. When people cannot empty the bladder completely on their own, it can lead to urinary tract infections, wetting or leakage of urine, and even permanent damage to the bladder and kidneys. CIC can help empty the bladder at specific intervals and prevent these complications. CIC also lets the bladder to rest and allows the bladder muscle recover in a non-distended, unstretched state.

MEN

1. Wash your hands thoroughly with soap and water.
2. Stand in front of the toilet or sit on the toilet.
3. Clean the tip of the penis and the opening of the urethra.
4. Lubricate the catheter (some catheters come with lubrication already on them).
5. With one hand, hold the penis and gently extend it.
6. With the other hand, grasp the tip of catheter.
7. Slowly and gently insert the catheter into the tip of penis.
8. Continue to advance the catheter inwards.
9. Just before the catheter goes into bladder, you may feel some resistance. This is normal. Try to relax by deep breathing and use gentle but firm pressure until the catheter passes this point.
10. Once the urine flow starts, gently push catheter in 1 more inch and direct urine coming out into toilet.
11. Hold the catheter in place until the urine flow stops.
12. Slightly rotate catheter as you remove it; stop each time more urine drains out to further empty bladder.
13. After the catheter is fully removed, throw it away.

WOMEN

1. Wash your hands thoroughly with soap and water.
2. Position yourself sitting on the toilet with thighs spread apart.
3. Lubricate the catheter (some catheters come with lubrication already on them).
4. With one hand, spread each labia outward. This hand stays in place to expose the area.
5. Locate the urethral opening. This is below the clitoris and above the vagina opening.
6. With the other hand, clean the opening of the urethra.
7. Grasp the tip of the catheter and slowly and gently insert the catheter into the tip of urethra opening.
8. Continue to advance the catheter inwards and upwards.
9. Once the catheter has been inserted in about 2-3 inches, urine will begin to flow out.
10. Once the urine flow starts, gently push the catheter in 1 more inch and direct the urine into the toilet.
11. Hold the catheter in place until the urine flow stops.
12. Slightly rotate catheter as you remove it; stop each time more urine drains out to further empty bladder.
13. After the catheter is fully removed, throw it away.

- **Supplies:** We will arrange for the supplies to be shipped to your home and paid for by your insurance company.
- **Infection:** There's a slight risk of urinary tract infections if proper hygiene is not maintained.
- **Trauma:** CIC may cause bleeding, irritation or injury to the urethra. It's not uncommon to see a small amount of blood.
- **Discomfort:** Some may have discomfort with catheterization but will become accustomed to this with continued practice.