

# Clean Intermittent Catheter

## Self Calibration of Urethra

The kidneys filter toxic substances out of the blood. This waste is excreted together with the urine, which runs down from the kidneys through the ureters into the bladder. Urine is stored in the bladder. To stop the stored urine "Leak out"- when you are not actually passing water - the bladder's muscles are relaxed and the sphincter muscle is tensed slightly (closed).

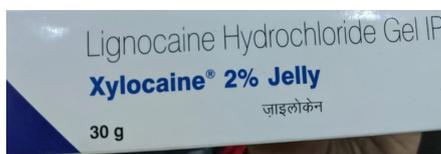
Before we start passing URINE a signal is sent via the nerves to the brain through the spinal cord. The brain then sends a message to the sphincter muscle through these nerves to relax and to the bladder's to contract. This begins the process of passing urine, which continues until the bladder is completely empty. We pass water approximately 4 to 5 times a day or whenever the bladder contains about 250-300 ml.

Certain disease processes result in an inability of the bladder to empty, and doctors recommend intermittent catheterisation to empty the bladder.

Also it is needed as a follow up procedure as URETHRAL CALIBRATION for stricture urethra

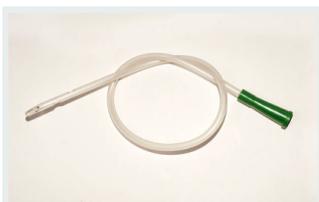
### Collect This for CIC

- Soap
- Preferably Running Water
- Lignocaine Jelly
- Tissue paper or Clean Cloth



### Advantages CIC

- Control of your bladder
- Healthier kidneys
- No need any pads, sheaths.
- Less urinary infections
- Self Confidence
- Sexual relations possible
- Less anxiety
- Control of your life



R 90/A 90/ K 90 Cath



Tiemann Cath.



Meatal Dilator

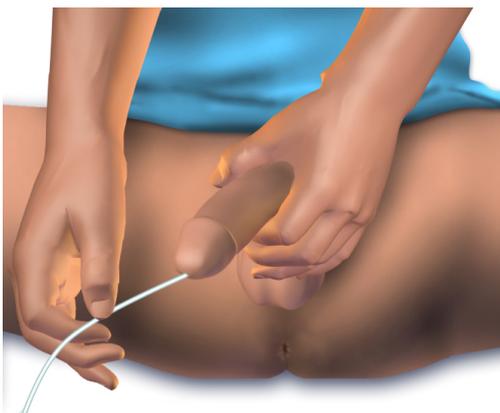
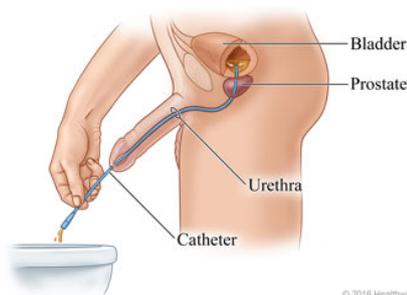
Motivate Your  
Child

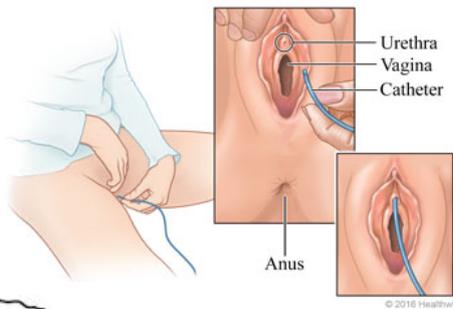
## Self-catheterisation step by step

**After washing hands with mild soap and water proceed as follows**

### For men and boys only

- When you have assembled all the things you need (see above) and taken off any clothes that get in the way, wash your hands well with soap, and rinse and dry them.
- Sit (on the toilet if this is possible and comfortable) so that you have both hands free.
- Open the prepuce with two fingers of one hand and then with the other gently clean the glans and penis
- Squeeze a little lubricating jelly onto a tissue and discard it. Squeeze a little more and put it on the rounded tip of the catheter.
- Check that the other end of the catheter is in the container or towards the toilet so that you won't spill any urine.
- Push the catheter into the urethra. Keep pushing until urine begins to come out ( Around 15 to 20 cm). Just before the catheter enters the bladder it may seem to get stuck as it meets the tightly closed sphincter muscle. This is normal and if you keep pushing gently the catheter will pass through the sphincter. If you push catheter with slow breathing, It will ease the passage.
- When the flow of urine stops, press gently low down on your tummy, just above the pubic bone. This will help squeeze out any remaining urine. You may find changing your position helps.
- When no more urine comes out of the catheter, slowly remove it, and if more urine begins to come, wait for the flow to stop before taking the catheter right out. Hold both ends of the catheter up after removing it so that no urine can drip out.
- Rinse the catheter carefully under a running tap. Dry it and replace it in Steel Round Clean Container. Avoid plastic envelope.





## Self-catheterisation step by step

After washing hands with mild soap and water proceed as follows

### For women and girls only



**MALE**



**FEMALE**



- When you have assembled all the things you need (see above) and taken off any clothes that get in the way, wash your hands well with soap, and rinse and dry them.
- Sit (on the toilet if this is possible and comfortable) so that you have both hands free.
- If you are menstruating wash the urethra if necessary. Use a flannel and warm water and, after separating the labia, wash in a downward direction from front to back.
- Squeeze a little lubricating jelly onto a tissue and discard it. Squeeze a little more and put it on the rounded tip of the catheter.
- Check that the other end of the catheter is in the container or towards the toilet so that you won't spill any urine.
- Open the labia with two fingers of one hand and then with the other gently push the catheter into the urethra. Keep pushing until urine begins to come out. Just before the catheter enters the bladder it may seem to get stuck as it meets the tightly closed sphincter muscle. This is normal and if you keep pushing gently the catheter will pass through the sphincter.
- If you have spent time learning to locate your urethra, using a mirror you will probably not accidentally insert the catheter into your vagina. But if you do, don't worry. Just rinse the catheter in warm water, put on more lubricating jelly and start again.
- When the flow of urine stops, press gently low down on your tummy, just above the pubic bone. This will help squeeze out any remaining urine. You may find changing your position helps.
- When no more urine comes out of the catheter, slowly remove it, and if more urine begins to come, wait for the flow to stop before taking the catheter right out. Hold both ends of the catheter up after removing it so that no urine can drip out.
- Rinse the catheter carefully under a running tap. Dry it and replace it in Steel Round Clean Container. Avoid plastic envelope.