

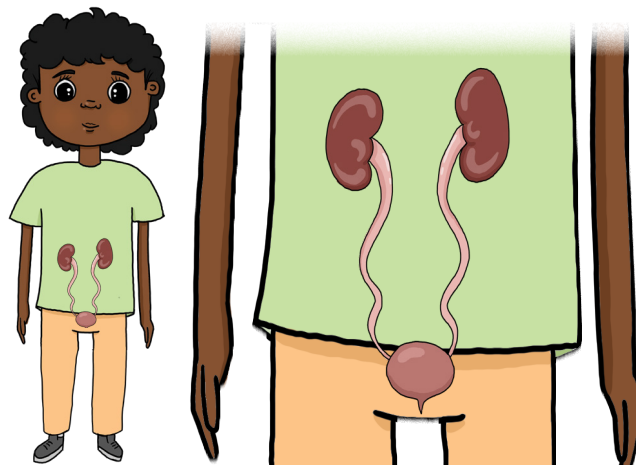


## For girls Clean intermittent catheterisation

Clean Intermittent Catheterisation (CIC) is a way to empty the bladder using a catheter (hollow plastic tube). If you do not empty the bladder properly you can get a urinary tract infection.

The urinary (u-rin-air-ree) system removes waste from our body. **The kidneys, ureter tubes, bladder and the urethra tube** are all part of the urinary system.

**Neurogenic bladder** is when the bladder is not emptying because the nerves around the bladder and sphincter muscle are not working properly.



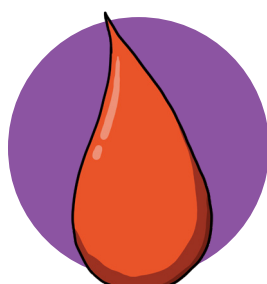
## Signs and symptoms of a urinary tract infection



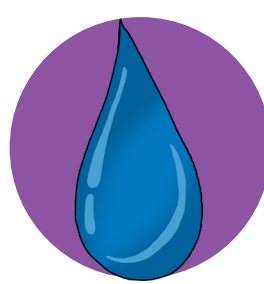
Fever



Pain or burning  
when peeing



Blood in the urine/  
pee



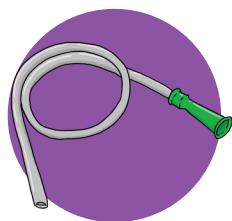
Increased  
wetness between  
catheters



Smelly urine/ pee

Call your GP, health clinic or emergency department so that a urine/pee test can be done and treatment started.

## What's needed for C.I.C.



Catheter



Urine/pee  
container or  
toilet



Water based  
lubricant  
**No Vaseline**



Wet wipes  
**If no soap**



Sink, soap and  
water



Alcohol hand  
gel  
**If no soap to  
wash hand**

## Doing the catheters

When bub is young, parents or carers will need to do the CIC. It is good to yarn with bub about what you are doing and how to do it, so when she is older she knows what to do.

Teaching bub the CIC will help her as she starts school or is out with friends and family. By school age she can do it by herself with a little bit of help from parents or carers, being independent will give her confidence.

## Teaching bub how to do it

1. Grab CIC things / items.  
Wash your hands with soap and water or hand gel.



2. Sit over the toilet.



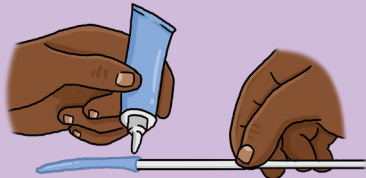
3. Use soap and water or wet wipes to wash the area from front to back.  
With a new wet wipe part the labia and clean from front to back and throw wet wipes in bin.



4. Re-wash hands if needed.  
with soap and water or hand gel.



5. Put lubricant on catheter 2 to 3 cm along.



6. Holding the labia apart with one hand insert the catheter into the urethra with your writing hand.  
Hold the catheter in position until urine/pee starts to flow.



7. Slowly start to remove the catheter, if urine/pee starts to flow again, stop and wait until the flow stops, slowly remove catheter again until all the urine/pee stops.

9. Replace the foreskin and throw out catheter and wet wipes if used.



10. Wash hands with soap and water or hand gel.



## Tips for school

- The continence nurse or doctor will make a **school continence plan** with bub and family.
- Having a **school continence plan** each year, will let the school know how to help bub.
- Teachers' assistants can support her.
- Keep extra catheters, lubricant, wipes or soap and hand gel, in a safe place at school.
- Have a change of clothing at school or in her bag in case of accidents.
- Yarn to the school and bub to see how the **school continence plan** is working and if there are any problems to work out.



Government of **Western Australia**  
**Child and Adolescent Health Service**

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