

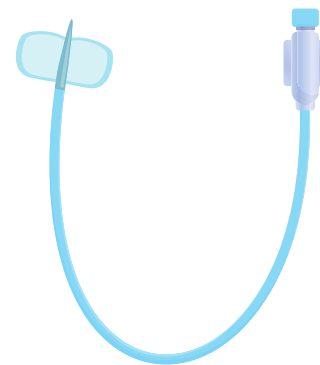
Clean Intermittent Catheterization for Female - Caregiver Guide

Clean Intermittent Catheterisation (CIC) is a clean technique of inserting a urinary catheter by caregiver to the person's urinary bladder via the urethra to drain urine.

It is to:

- Reduce dependency on a catheter.
- Decrease risk of urinary tract infections related to long term use of an indwelling urinary catheter.

CIC must be performed at a regular interval as advised by a doctor or nurse.



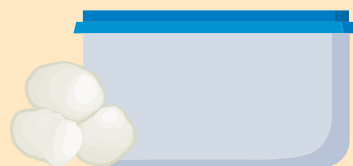
Causes:

- Inability to empty the bladder completely
- Inability to urinate



Items / Requisites:

- 1 large container with cover
- 1 small container with cool boiled water
- 8 pieces of clean cotton balls
- 1 Nelaton catheter size 10 or 12 as recommended by doctor or nurse
- 1 tube of lubricating gel (water based)
- 2 pairs polythene gloves (non-sterile)
- (1 for cleaning perineum & 1 for CIC procedure)
- 1 measuring jug with ml indicator
- 1 protective sheet
- 1 garage bag
- Paper towels



Preparation of loved ones:

1. It is recommended to encourage your loved one to urinate before commencing CIC.
2. Perform Perineal care
 - Perform handwashing
 - Prepare wipes
 - Prepare your loved ones
 - Lie them flat on bed with legs bend and spread apart
 - Cover perineum and expose area when ready
 - Place waterproof pad under buttocks to protect them and bedsheet
 - Put on gloves
 - Clean perineum from front to back (vagina and anus). This prevents carryover of faeces into vaginal area. Always use a clean surface of the wipe to clean. Clean until no stain seen on wipe.
 - Then, spread labia majora and clean the inner area of the vagina.

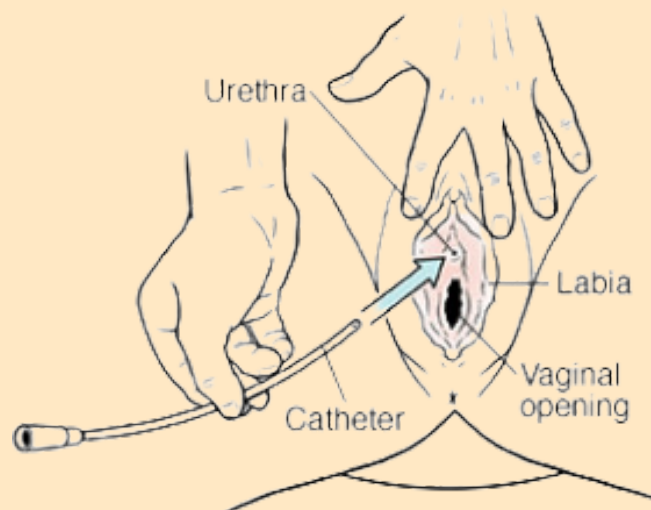
Preparation of items/requisites:

1. Clean a small table top and place a clean paper towel on top.
2. Wash hands thoroughly before preparing items needed for CIC
3. Wash containers & catheter (reused) with soap & water before use.
4. Place items on top of the paper towel.
5. When opening a new catheter, open from the funnel end of the packet (refer to picture).
6. Holding the funnel tip, slowly pull out the catheter and place it into container. If the catheter falls to the ground or touches a dirty surface, wash it before using it again. Do not contaminate the catheter while pulling it out from the packaging.
7. Holding the gel tube upright and pointing downwards, discard the first portion of the gel before squeezing some into the container.
8. With clean hands, place 8 cotton balls into the small container that has already been filled with cool boiled water.
9. Position the table with the prepared items at the foot of the patient.
10. Wash hands thoroughly before starting CIC.
11. Put on the polythene gloves. Avoid touching elsewhere while gloves are on. Note: Discard polythene gloves that has been contaminated e.g. dropped on floor
12. Prepare the cotton balls. Squeeze excess water from the cotton balls and separate them one by one. Place them on the cover of the large container.



Performing Clean Intermittent Catheterization (CIC):

1. Inform your loved one before starting. Tell them to relax by breathing in and out slowly.
2. Using your dominant hand, pinch the tip of 1 cotton ball. Your fingertips must be covered by the cotton ball. It **MUST NOT** touch the skin during cleansing.
3. Clean the external area of the vagina first. (Starting from left side then to right side. Lastly will be the centre of the vagina). Use a new cotton ball each side.
4. After cleansing the external area, use your thumb and forefinger (non-dominant hand) to part the labia until you can visually locate the urethra.
5. While maintaining the parting, gently clean the internal area of the labia 3 times from top to bottom. Use a new cotton ball each time.
6. After cleaning, continue to maintain the parting and do not let go. Use your dominant hand to place the large container containing the catheter between the thighs.



7. Take the catheter from the container and lubricate the tip of the catheter with the gel that was squeezed into the container. Grip the well lubricated catheter 2 inches away from the tip & slowly insert into the urethra. Ask your loved one to relax & take slow deep breathes. Insert the catheter upon exhale of your loved one.

Note: Ensure buttocks & thighs are not raised or tensed.

8. When urine starts to drain form the catheter, to insert the catheter further by 1 inch & hold the catheter in place. Let the urine flow into the container.

9. You may now let go of the parting & use the back of your hand to slowly press on the lower abdomen of your loved one.

10. When urine stops flowing, slowly withdraw the catheter & observe for remaining urine flow. If urine starts to drain again, STOP withdrawing & let the urine flow stop completely before withdrawing again.

11. Use the remaining 2 cotton balls to clean the excess gel deposited on the urethra after withdrawing the catheter.



After Completing CIC:

- Dress your loved one appropriately and ensure safety.
- Pour the urine in to the measuring jug and record the date, time and amount of urine drained.
- Wash the catheter and containers with soap and water. Dry with paper towel. DO NOT air dry items.
- Keep the catheter in the covered container.



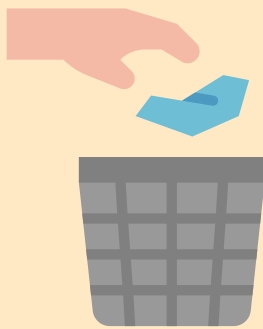
Schedule to Perform the CIC or per instruction from Doctor:

- 1x/day - >100mls – For Inpatient : 11pm, For Outpatient/Home: Before sleep
 - 2x/day - >200mls – 8am, 11pm
 - 3x/day - >300mls – 8am, 4pm, 11pm
 - 4x/day - >400mls – 8am, 1pm, 6pm, 11pm
 - 5x/day - >500mls – 7am, 11am, 3pm, 7pm, 11pm
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- If any issue, you can contact urology specialty nurse at 63613934



Tips:

- You may discard the catheter after 3 days or earlier if catheter is badly soiled, this is to minimise risk of infection
- Always bring a few sets of nelaton catheter while outdoors.
- Use a notebook to keep a daily record of the urine output
- Drink enough water, having regular bowel movements and good personal hygiene lower the risk of acquiring urinary tract infection.



To consult your doctor/nurse or seek medical attention if you notice:

- Cloudy/foul smelling urine
- Fever
- Blood stained urine
- Urethral ulcer
- More than 500mls of urine drained each time.

