



A note about our preferred catheter:

Comfort's preferred catheters are Straight catheters.

Straight catheters are part of intermittent catheterization, the periodic emptying of the bladder with a sterile catheter each time a person cath. This allows catheter users to prevent dangerous UTIs.

Comfort Medical provides gentle catheters with smooth, fire-polished eyelets to cut down on the instance of urethral trauma that can cause the formation of scar tissue or strictures.

Intermittent Catheterization for Parents of Girls

This educational material is provided in an effort to answer questions and address possible concerns about the intermittent catheterization process.

By following the basic steps for intermittent catheterization, it is possible to quickly master the technique. As many parents have found, the process becomes a simple part of a daily routine for your child's bladder management and urinary tract health.

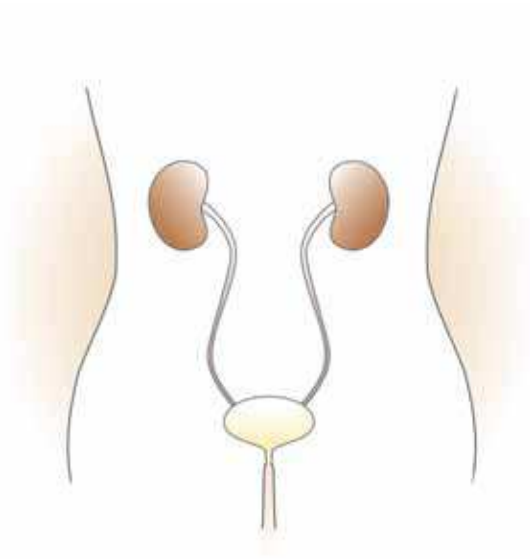
Thank you to Anne Boisclair-Fahey, DNP, RN, CPNP for writing this educational material. She is a pediatric nurse practitioner in pediatric urology at the University of Minnesota.

This instruction guide is not a substitute for medical advice from your healthcare provider.

The Urinary System

The urinary system contains two kidneys, two ureters, the bladder, and the urethra. The kidneys filter the blood and produce urine. The urine travels from the kidneys down the ureters and into the bladder, where it is stored until emptied during urination or catheterization. The urethra is the tube that empties the urine out of the body.

When the bladder is full, the brain sends a signal down the spinal cord to the bladder, causing it to empty. For children with spinal cord issues, the signal from the bladder to the brain gets interrupted, making them unable to empty their bladder.



When children are unable to empty their bladder on their own, they are at risk for urinary tract infections, as well as involuntary loss of urine (incontinence). When urine stays in the bladder and is not emptied, bacteria can grow, causing infections that can lead to illness. Research has shown that intermittent catheterization helps reduce urinary tract infections, control urinary leakage, and prevent urinary tract damage.

Introduction to Intermittent Catheterization

Intermittent catheterization is the periodic emptying of the bladder by the insertion of a hollow plastic tube (catheter) into the urethra, past the sphincter muscles and into the bladder. Urine then passes out of the bladder through the catheter.

Intermittent catheterization is used when a person is unable to empty her bladder. Medical conditions that often require intermittent catheterization include spinal cord injuries, spina bifida, and multiple sclerosis.

Intermittent catheterization must be done at regular intervals each day to keep the bladder healthy. A healthcare provider has recommended clean intermittent catheterization to help empty your child's bladder and keep the urinary system healthy.

How Often Should I Catheterize My Child?

Your healthcare provider will let you know how often your child will need to be catheterized and the size of the catheter you should use. Normally, intermittent catheterization is performed every four hours starting when your child wakes up in the morning and continues every four hours until bedtime. Some children are catheterized on a more frequent schedule. Most children who are catheterized do not need catheterization at night.

For school age children, it is important to maintain their catheterization schedule throughout the school day. The school nurse will be able to assist your child, if necessary.

Can My Child Be Taught Intermittent Catheterization?

If your child shows interest in learning the procedure and has good hand dexterity, flexibility, and coordination, she may be able to learn to perform catheterization. Many girls have learned to catheterize themselves as early as five years of age. It is advised that girls use a mirror initially to help locate the urethral opening and assist with proper catheterization. With parental support and encouragement, most girls will eventually perform catheterization by touch and feel.

Even though most children can easily learn the procedure, it is very important that parents supervise their child's catheterizations to make sure they are adequately emptying their bladders and using the proper technique. Research has shown that when children are completely left to catheterize themselves without supervision, some of the technical steps are often missed, resulting in urinary incontinence and urinary tract infections.

Intermittent Catheterization Instructions for Parents of Girls

Depending on your daughter's age, catheterization can be performed lying down, sitting on the toilet, standing in front of the toilet, or sitting in a chair or wheelchair.

1. Before you begin, gather the following materials:
 - Intermittent catheter in sealed wrapper
 - Water soluble lubricant
 - Something to cleanse the area: soap, water and a washcloth, or unscented disposable wipes
 - A container to collect the urine if not cathing while sitting on or near a toilet
 - Hand towel
2. Inspect catheter before use. If catheter or package is damaged, DO NOT USE.
3. Wash hands thoroughly with soap and water or use an antibacterial hand cleaner.

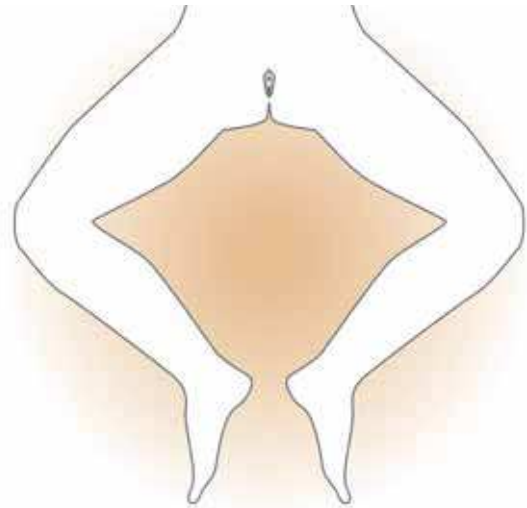
Intermittent Catheterization Instructions for Girls continued

4. Lay out the equipment so it is within easy reach. Open the water soluble lubricant and catheter package. Apply a liberal amount of lubricant to the tip and first several inches of the catheter.

Sterile catheters are packaged individually.



5. Position your daughter comfortably. For younger girls, lying down with the knees bent in a “frog-like” position works well. Older girls can sit on the toilet or in a chair or wheelchair with their legs spread far apart.
6. Using the non-dominant hand, separate the labia with the thumb and forefinger to locate the urethra.
7. With the labia separated, wash the urethral area from front to back thoroughly with soap, water, and washcloth, or an unscented disposable wipe. Never go back and forth over the urethral opening. Repeat washing from front to back with different areas of the washcloth or a new disposable wipe.
8. With your dominant hand, insert the catheter gently into the urethral opening. Continue to insert the catheter until urine begins to flow. Hold it in place until urine stops flowing.
9. When urine stops flowing, slowly rotate the catheter between your fingers while withdrawing the catheter. If urine starts to flow again when withdrawing the catheter, stop each time it flows and let the urine drain. When the bladder is empty, finish removing the catheter.



Your Child's Intermittent Catheterization Specifications:

- Use intermittent catheter with polished eyelets in size:
 8 FR 10 FR 12 FR 14 FR
- Catheterize _____ times a day or every _____ hours.
- Catheterization required at night: Yes No

Physician contact information:

Name

Telephone Number

Product supplier contact information:

Comfort Medical

Name

1-800-700-4246

Telephone Number

1-800-604-9760

Fax Number