



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.

Sterile Intermittent Catheterization for Parents of Girls

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

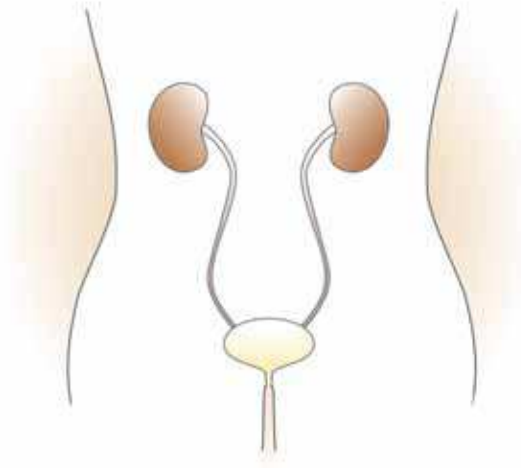
By following the basic steps for intermittent catheterization, it is possible to quickly master the technique. As many parents have found, the process becomes a simple part of a daily routine for your child's bladder management and urinary tract health.

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. It must be done at regular intervals each day to keep the bladder healthy.

Medical conditions that often require intermittent catheterization include spinal cord injuries, spina bifida, and multiple sclerosis.

What is Sterile Intermittent Catheterization?

Intermittent catheterization is normally performed as a clean technique, meaning gloves are not used, and the catheter can be held with bare, clean hands. However, your healthcare provider has recommended sterile intermittent catheterization to help empty your child's bladder, keep the urinary system healthy and reduce urinary tract infections. The key to sterile intermittent catheterization is avoiding contact with the catheter; therefore, gloves must be worn and the catheter should go directly from the sterile package into the body without touching any surface. This can be achieved with the closed-kit system.

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.

Where Do I Get Catheters?

You will be taught intermittent catheterization by your healthcare provider, who will determine the size and style of catheter that you will need.

Can My Child Be Taught Sterile 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.

Sterile Intermittent Catheterization Instructions for Parents of Girls

1. Inspect the closed-kit system before use. If catheter or package is damaged, DO NOT USE.
2. Wash hands thoroughly with soap and water or an antibacterial hand cleaner.
3. Open the closed-kit system.

Sterile Intermittent Catheterization Instructions for Parents of Girls (continued)

4. Position your child comfortably on the toilet, sitting in a chair or wheelchair, or laying down on the underpad provided in the kit. For younger girls, lying down with the knees bent in a “frog-like” position works well. Older girls can sit on the toilet or chair or wheelchair with their legs spread far apart.

5. Put on the gloves provided in the kit. Open the povidone-iodine swabsticks or BZK wipe provided in the kit.

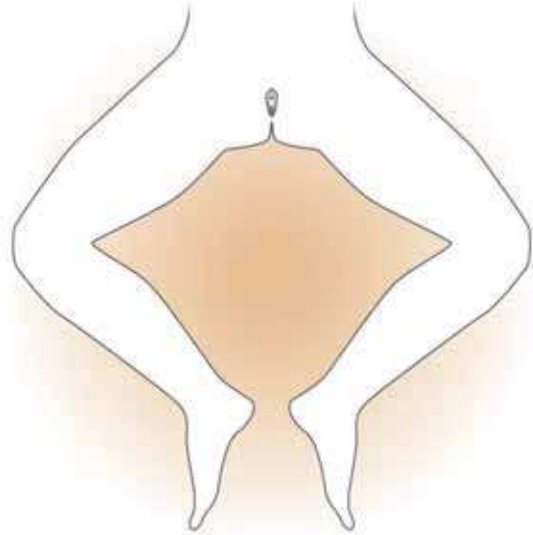
6. Using the non-dominant hand, separate the labia with the thumb and forefinger to locate the urethra.

7. With the labia separated, wash the urethral area from front to back thoroughly with a povidone-iodine swabstick or the BZK wipe provided in the kit. Never go back and forth over the urethral opening. Repeat washing from front to back with the other two swabsticks or two different areas of the BZK wipe.

8. Remove the cap from the introducer tip and slide the catheter to within 1/8” (2 mm) of the top of the silicon tip. DO NOT slide the catheter past the introducer tip yet.

9. With the non-dominant hand, hold inner labia apart. With the dominant hand, insert the introducer tip into the urethra. Hold it securely in place with thumb and forefinger of the non-dominant hand. Use the dominant hand to grasp the catheter through the bag close to the base of the introducer shaft.

10. Slowly push the catheter through the introducer tip and into the urethra. Continue to insert the catheter until urine begins to flow.



Sterile Intermittent Catheterization Instructions for Parents of Girls (continued)

11. When urine stops flowing, slowly rotate the catheter through the bag 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.
12. To empty the bag, hold it upright and put your thumb in the hole at the top of the bag. Grasp the tab and tear downwards at the perforation located above “To Empty Tear Here.” Pour the urine through the opening into the toilet. Dispose of the bag properly.



Intermittent Catheterization Specifications:

- Use a Closed System intermittent catheter with polished eyelets in size:
 8 FR 10 FR 12 FR 14 FR 16 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