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## Instruction Guide to Clean Intermittent Catheterization for Parents of Boys Using the Cure Catheter®

This educational material is provided by Cure Medical in an effort to answer questions and address possible concerns about the intermittent catheterization process. By following the basic steps for clean 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.

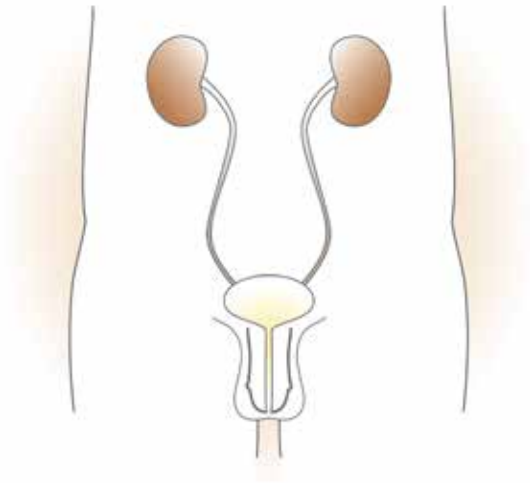
Cure Medical wishes to thank Anne Boisclair-Fahey, DNP, RN, CPNP for writing this educational material. She is a pediatric nurse practitioner in pediatric urology at the University of Minnesota.

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 incontinence or involuntary loss of urine. When urine stays in the bladder and is not emptied, bacteria can grow, causing infections which can lead to illness. Research has shown that intermittent catheterization helps reduce urinary tract infections, control urinary leakage (incontinence) 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 his bladder. Medical conditions that often require intermittent catheterization include spinal cord injuries, spina bifida and multiple sclerosis, to name a few.

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. Your healthcare provider will let you know if your child needs 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 Clean Self-Intermittent Catheterization?

If your child shows interest in learning the procedure and has good hand dexterity, flexibility and coordination, he may be able to learn to routinely perform catheterization. Even though most children can easily learn the procedure, it is very important that parents supervise their children'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 Boys

Depending on your son's age, catheterization can be done 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:

- Cure 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



Pediatric, 10", straight tip catheter with funnel end shown.

The sterile Cure Catheter® features polished eyelets and is not made with DEHP, BPA, or natural rubber latex.

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 Boys *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.
5. Hold the penis upright on the sides so that the urethra is not pinched.
6. Retract the foreskin if the penis is uncircumcised. Wash the glans penis from the urethral opening (tip) to the base of the glans with soap, water and washcloth or unscented disposable wipe. Wash with a circular motion from the tip outward. Do not wash back and forth over the urethral opening. Repeat the washing two more times with different areas of the wash cloth, or with a new unscented wipe each time.
7. While holding the penis upright with one hand at a 45 to 60-degree angle from the body, slowly insert the lubricated catheter into the penis using your dominant hand. Gently slide the catheter until you meet resistance at the urethral sphincters. Do not pull the catheter in and out when you meet resistance; just apply gentle but firm continuous pressure until the catheter advances into the bladder.
8. Continue to insert the catheter until urine begins to flow. Hold it in place until urine stops flowing and the bladder is empty.
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. Continue to slowly withdraw the catheter until the bladder is empty and the catheter is removed. If your son is not circumcised, make sure you bring the foreskin back over the glans penis when you are finished.





### Your Child's Clean Intermittent Catheterization Specifications:

- Cure Catheter® size:  
 8 FR    10 FR    12 FR    14 FR
- Catheterize \_\_\_\_\_ times a day or every \_\_\_\_\_ hours.
- Catheterization required at night:  Yes    No

### Healthcare provider contact information:

\_\_\_\_\_

Name

\_\_\_\_\_

Telephone Number

### Healthcare product supplier contact information:

\_\_\_\_\_

Name

\_\_\_\_\_

Telephone Number