



Cure Medical **donates 10% of net income** to medical research in pursuit of a cure for spinal cord injuries and central nervous system disorders. For information on scientific advancements, visit www.curemedical.com. For information on Cure Medical catheters, contact your distributor of quality healthcare products.



Instruction Guide to Clean Intermittent Catheterization for Parents of Girls 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.

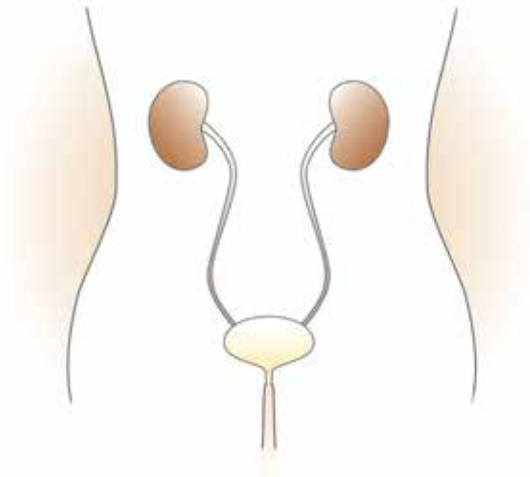
Cure Medical wishes to thank Anne Boisclair-Fahey, DNP, RN, CPNP for writing this educational material. She is a pediatric nurse practitioner in pediatric urology at the University of Minnesota.

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 muscle 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, 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, she may be able to learn to routinely perform self-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 opening and assist with proper catheterization. With parental support and encouragement, most girls will eventually perform self-catheterization by touch and feel.

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 Girls

Depending on your daughter's age, catheterization can be done sitting on a toilet, lying down 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 or towelettes
- 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.

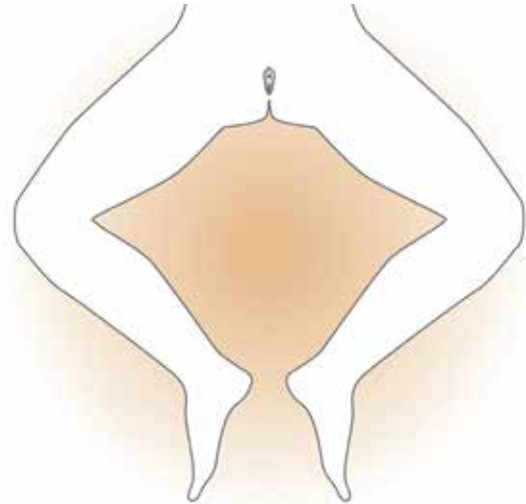
The sterile Cure Catheter® features polished eyelets and is not made with DEHP, BPA, or natural rubber latex.

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 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.
5. Position your daughter in a comfortable position. 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 a baby wipe or towelette. Never go back and forth over the urethral opening. Repeat washing from front to back with different areas of the washcloth, a new baby wipe or towelette two more times.
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, stop withdrawing the catheter and let the urine drain. When the bladder is empty, finish removing the catheter.





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