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## Instruction Guide to Sterile Intermittent Catheterization For Parents of Girls Using the Cure Catheter® Closed System

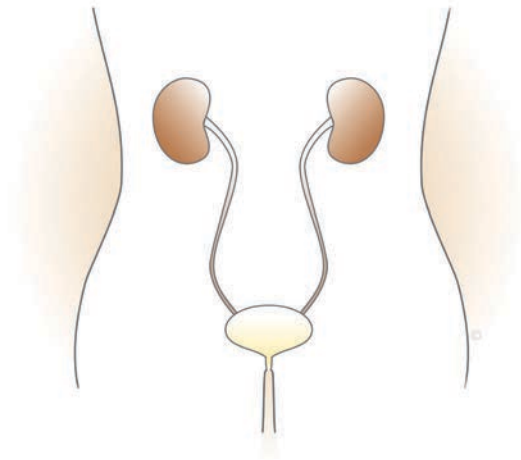
This educational material is provided by Cure Medical in an effort to answer questions and address possible concerns about the sterile intermittent catheterization process. By following the basic steps for sterile intermittent catheterization, it is possible to quickly master the technique. As many parents 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. Her experience as a Senior Director of Advanced Practice Providers (APPS) at Children's Minnesota hospital, combined with over 20 years of clinical expertise in pediatric urology as a pediatric nurse practitioner, make her contribution to this instruction guide invaluable.

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 sterile 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 herself. Medical conditions that often require intermittent catheterization include spinal cord injuries, spina bifida or multiple sclerosis, just to name a few. Intermittent catheterization must be done at regular intervals each day to keep the bladder healthy.

## 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 child's healthcare provider has recommended sterile intermittent catheterization** to empty the bladder, keep your child's 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.**

## How Often Should I Catheterize My Child?

Your healthcare provider will let you know how often you will need to perform sterile intermittent catheterization and the size of the catheter you will need. Normally, sterile 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 do not need to be catheterized at night. Your child's 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 Sterile 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 sterile 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 sterile 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.

## Sterile Intermittent Catheterization Instructions for Parents of Girls

Depending on your child's age, catheterization can be done sitting in a chair or wheelchair, lying down or sitting on the toilet.

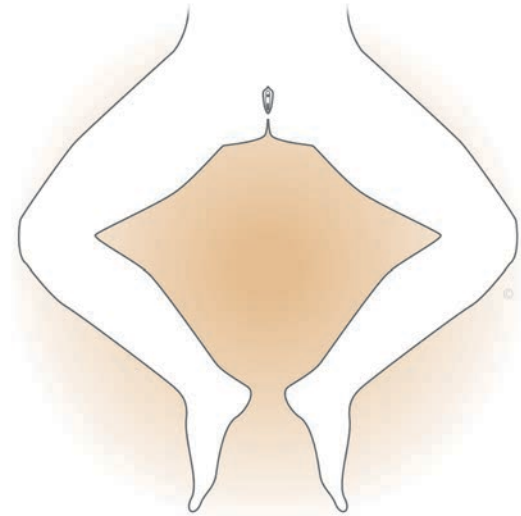
1. Inspect Cure Catheter® Closed System before use. If catheter or package is damaged do not use.



The sterile, unisex Cure Catheter® Closed System is not made with DEHP, BPA, or natural rubber latex. It features polished eyelets on a straight, pre-lubricated catheter tip with integrated 1500ml collection bag.

2. Wash hands thoroughly with soap and water or an antibacterial hand cleaner.
3. Open the Cure Catheter® Closed System kit.

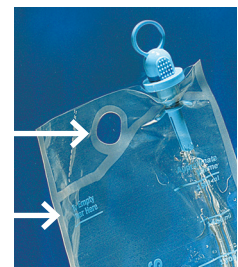
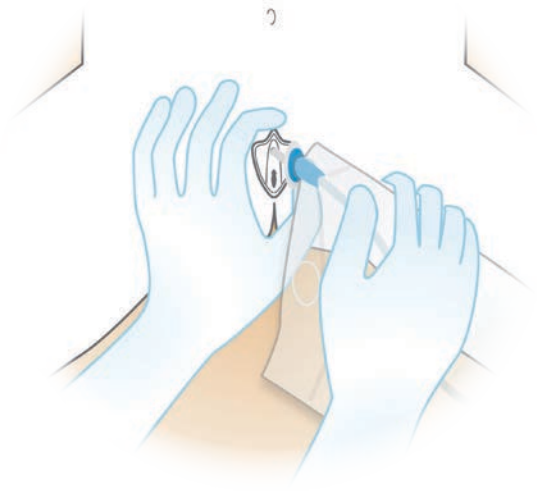
4. Position your child comfortably on the toilet, sitting in a chair or wheelchair, or laying down on the underpad provided in the kit. Arrange clothing out of the way. For younger girls, lying down with the knees bent in a “frog-like” position (shown) works well. Older girls can sit on the toilet or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



5. **Put on the gloves** provided in the kit. A BZK wipe and povidone-iodine swabsticks are included as well. If your child's medical provider advises using them, open the povidone-iodine swabsticks or BZK wipe package.
6. Using the non-dominant hand, separate the labia with the thumb and forefinger to locate the urethra.

## Sterile Intermittent Catheterization Instructions for Parents of Girls *continued*

7. With the labia separated, wash the urethral area from front to back thoroughly as instructed by your child's medical provider. The povidone-iodine swabsticks or BZK wipe can be used to wash the urethral area thoroughly from front to back if your child's medical provider advises. **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. Discard the swabsticks or wipe when finished.
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, use the dominant hand to insert the introducer tip into the urethra. Secure it 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 slide it through the urethra about 2 inches until the catheter reaches the bladder and urine begins to flow.
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. Continue to slowly withdraw the catheter until the bladder is empty and the catheter is removed.
12. To empty the bag, hold it upright and put your thumb in the hole provided at the top of the bag (*shown right*). Grasp the tab and tear downwards at the perforation located above "To Empty Tear Here". Pour out the urine through the opening into the toilet. Dispose of the bag properly.





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

- Cure Catheter® Closed System size:  
☐ 8 FR   ☐ 10 FR   ☐ 12 FR   ☐ 14 FR   ☐ 16 FR
- Catheterize \_\_\_\_\_ times a day or every \_\_\_\_\_ hours.
- Catheterization required at night: ☐ Yes or ☐ No

### Healthcare provider contact information:

\_\_\_\_\_  
Name

\_\_\_\_\_  
Telephone Number

### Healthcare product supplier contact information:

\_\_\_\_\_  
Name

\_\_\_\_\_  
Telephone Number