



INTERNATIONAL
FEDERATION
for
SPINA BIFIDA
and
HYDROCEPHALUS

TECHNIQUE CIC

Training manual for nurses

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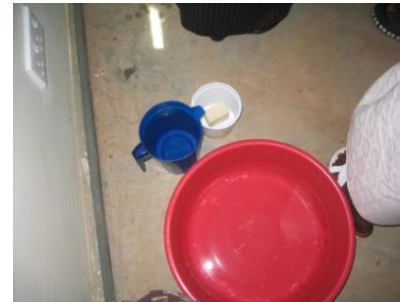
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1) Goals of CIC

- To prevent bladder infections by avoiding residu (urine staying in the bladder)
- To avoid unsafe bladder pressure by frequent catheterization
- To reach social continence

2) Materials

- Catheters
- KY Jelly for boys, if necessary a mirror for girls
- Something to collect the urine
- Pieces of cloth to wash genital area
- Water, soap and bowl to wash hands
- Latex free gloves for community workers
- Use of right catheter adapted to age



3) Use of right catheter per age

- **use the widest catheter that can enter the urethra**
- **short catheters for girls and baby boys**
- **boys from 5 years on use the long catheters**

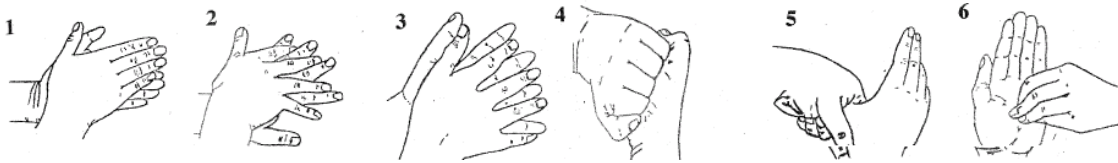


4) Technique

- Explain the importance of CIC and the technique in a simple way to the parents and child

Technique:

1. Clean hands



2. Clean genital area

- Daily 1x with water and soap
- At every soiling or bowel movement
- Always wash from top to bottom to avoid bowel movement bacteria from reaching the urethra
- Change cleaning cloth after each action action



3. Insertion of the catheter

- Use the **widest catheter** that can enter the urethra without using force
- **For boys:** place gel on the palm of the hand and spread out on the tip of the catheter
- **For girls:** spread the labia so that the urethra is clearly visible
- Bring in catheter until urine is running; then bring in the catheter a bit further into the bladder to ensure both holes of the catheter are in the bladder
- Let the urine flow; when the urine stops flowing, gently apply pressure above the pubis
- Withdraw by turning the catheter slowly and stop when there is no more urine coming out
- Put the catheter in a little bit deeper and withdraw until the bladder is empty
- Remove the catheter and wash your hands



The bladder needs to be completely empty!

5) CIC for girls

- Show a clear picture of a vulva and let the girl look at her own vulva so that she knows where the urethra is situated
- Teach to catheterize with the help of a mirror or teach her to catheterize by touch
- Perform the technique as explained above



6) CIC for boys

- Show a picture of the urinary tract going to the bladder
- The penis has to be held in the direction of the belly to make inserting the catheter easier
- There may be counter-pressure from the constrictor
- Perform the technique as explained above

7) Examination of the urine

- Clear urine = no infection
- Cloudy or strong smelling urine, blood in urine or more than normal wetting in between = signs of an infection

At infection:

- Empty the bladder well
- Have the boy / girl drink extra fluid like water
- If possible use wider catheter (bigger CH)
- If urine is still cloudy after 24 hours, start Furadantine



8) Cleaning and saving of the catheter

- Wash the outside of the catheter with water
- Rinse catheter 3 times with water and apply air to remove excess water
- Shake the catheter dry, leave it to dry in the sun when possible and save in a clean bowl or between a clean piece of cloth

(Not in the bowl used to collect urine)



9) Record data

- Record the urine volumes during 5 days before the next consult and record if there is urine loss in between
- Urine volumes give information about the behaviour of the bladder



10) Making a measuring cup



- Fill in empty drinking bottle and draw a line at every 10 ml
- Clearly mark each 50ml
- If necessary make a hole in the top of the bottleneck to insert the catheter during catheterization