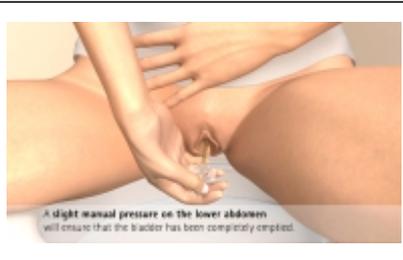
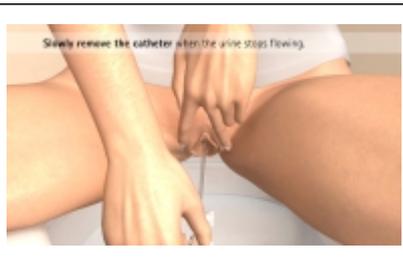




# CLEAN INTERMITTENT CATHETERIZATION IN GIRLS. STEP BY STEP

<p>Make sure that all equipment and materials are available. Lay them out close.</p> <p>The child removes or pushes down their underwear. Some assistance may be needed. The child takes position.</p> <p>Wash your hands.</p>	
<p>Clean the urethral opening from top to bottom.</p>	
<p>Remove the catheter from the packaging. Do not touch the part, which will be inserted. Hold it firmly.</p>	
<p>With the other hand spread the labia and pull them up slightly so that the urethra is clearly visible.</p>	
<p>Push the top of the catheter gently against the urethral opening and slowly insert it.</p> <p>Make sure that the opposite end of the catheter is pointed at the urine collector or toilet bowl.</p>	
<p>Once the catheter has reached the bladder, push it a little bit further and let the urine flow out.</p>	

<p>Wait in this position for the urine to flow.</p>	
<p>When the urine stops flowing, gently apply pressure above the pubis. A small portion is likely to flow out.</p>	
<p>Use the following technique to remove the catheter: Withdraw 2-3 cm 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. When the urine stops flowing, slowly remove the catheter.</p>	
<p>Dispose of the used catheter and supplies in the trash.</p>	
<p>Dispose of the urine in case you have used a urine collector.  Put on clean diapers if necessary.  Wash your hands.</p>	

The images are provided by B.BRAUN MEDICAL Bulgaria, a partner in the Multi-IN project. [www.bbraun.bg](http://www.bbraun.bg)

This document is part of the Manual for assistants in kindergartens and schools on multidisciplinary care and inclusive education of students with spina bifida and hydrocephalus, developed under the Multi-IN project. More resources in inclusive education of students with spina bifida and hydrocephalus are available on the project website [www.multi-in.eu](http://www.multi-in.eu)

This project Multi-IN [2021-1-BG01-KA210-SCH-000031249] has been funded with support from the European Commission. This document reflects the views only of the Multi-IN partnership, and the Commission cannot be held responsible for any use which may be made of the information contained therein.