CLEAN INTERMITTENT CATHETERIZATION AND SOME PRACTICAL TIPS

The procedure is neither painful nor uncomfortable. When the basic steps and hygiene standards are followed, it is completely safe. Below three options are presented - for girls, boys and children with Mitrofanoff stoma.
Discuss the steps in advance with the parents and the child, because there may be slight differences in the way they perform the procedure - they may clean the urethra with a special agent or the type of catheter may require additional lubrication. Find out which position is most comfortable for the child and follow the guidelines provided by the family.

Maximum hygiene is mandatory - clean your hands, do not touch the tip of the catheter and do not touch other surfaces before using it. If the catheter gets dirty, use a new one!

If the catheter requires additional lubrication, apply the lubricant just before the catheter is inserted.

If you use gloves, they should be latex-free.

It is advisable to use a catheter of the largest possible size (CH).

Below are some possible problems that may occur during the procedure and the way to solve them.

Necessary supplies
(indicative list)

- Sterile catheter;
- Lubricant. Boys usually need a lubricant if the catheter is not pre-lubricated;
- Running water;
- Intimate/baby wet wipes;
- Waterproof pad;
- Bactericidal hand sanitizer;
- A gent for cleaning the urethra;
- Urine collection container/bag
- Diapers/pads

Preparation for self-catheterization
To encourage the child's independence and in order to facilitate the transition to self-catheterization, allow the child to help in some of the steps of the procedure. For example, have the child hand over the supplies, take off his/her clothes, clean up, etc. Say the steps aloud together at each stage.

Possible problems that may occur during the procedure

In case of a problem with the catheter insertion, you can try using catheters with a different size, coating, tip type or hardness.

In case of pain or discomfort caused by the vacuum when removing the catheter, try using a catheter with a smaller width or place your finger on the opposite end of the catheter to close it before removing it.

A few drops of blood on the catheter are usually due to a minor injury caused by a damaged surface of the catheter (factory defect). If they disappear after 2-3 procedures, they are not considered a problem.

If the blood is more than that, it is probably due to an internal wound and in this case, a consultation with a physician is required.

In case of a spasm, wait for it to resolve and then continue the procedure.

It is not a problem if you happen to insert the catheter into the vagina. Discard the catheter and repeat the procedure using a new catheter.