

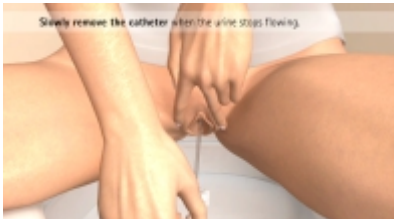






CLEAN INTERMITTENT CATHETERIZATION IN GIRLS. STEP BY STEP

<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

This document is part of the Manual for nurses and healthcare professionals 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

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