

Department of
UROLOGY

Clean Intermittent Catheterisation for Female – A Guide for Caregivers



Clean Intermittent Catheterisation (CIC)

What is Clean Intermittent Catheterisation?

Clean Intermittent Catheterisation (CIC) is a clean technique of inserting a catheter by a caregiver into the patient's urinary bladder to drain out urine. CIC must be performed at regular intervals as advised by the doctor or nurse.

When is CIC Required?

CIC may be ordered by the doctor or nurse when a patient:

- Is unable to completely empty their bladder.
- Is unable to urinate.
- Needs to have her urethra dilated.

How Does CIC Help the Patient?

Further to helping the patient to completely empty her bladder, CIC helps the patient to:

- Reduce dependency on a catheter.
- Decrease risk of urinary tract infections related to long term use of an indwelling catheter.
- Prevent further bladder & kidney damage.

Depending on the patient's medical diagnosis, CIC may be required on a temporary or long term basis.

Clean Intermittent Catheterisation (CIC)

Items to prepare:

- 1 large container with cover
- 1 small container with cool boiled water
- 8 pieces of clean cotton balls / squares
- 1 nelaton catheter size 10 / 12 as recommended by doctor or nurse
- 1 tube of lubricating gel (water based)
- 1 pair polythene gloves (non-sterile)
- 1 measuring jug (ml)
- 1 protective sheet
- 1 garbage bag
- Paper towels



Preparation phase (patient)

1. If possible, ask your loved one to urinate before starting CIC.
2. Remove pants & undergarments. Wash & dry genitals or use wet wipes to cleanse from top to bottom.
3. Let your loved one lie on top of a protective sheet.



Clean Intermittent Catheterisation (CIC)

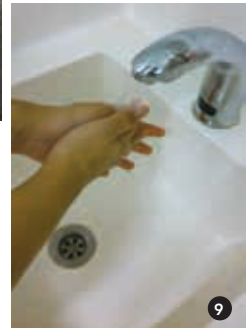
Preparation phase (items)

1. Wash hands thoroughly before preparing items needed for CIC.
2. Clean a small table top and place a clean paper towel on top.
3. Wash containers & catheter (reused) with soap & water before use.
4. Place items on top of the paper towel.
5. When opening a new catheter, open from the funnel end of the packet (as shown in the picture). Holding the funnel tip, slowly pull out the catheter and place it into the container. If the catheter falls to the ground or touches a dirty surface, wash it before using it again. Do not contaminate the catheter while pulling it out from the packet.



Clean Intermittent Catheterisation (CIC)

6. Holding the gel tube pointing downwards, discard the first portion of the gel before squeezing some into the container.
7. With clean hands, place 8 cotton balls into the small container that has already been filled with cool boiled water.
8. Position the table with the prepared items at the foot of the patient.
9. Wash hands thoroughly before starting CIC.
10. Put on the polythene gloves. Avoid touching elsewhere while gloves are on. Discard polythene gloves that fall to the ground.
11. Prepare the cotton balls. Squeeze excess water from the cotton balls and separate them one by one. Place them on the cover of the large container.



Clean Intermittent Catheterisation (CIC)

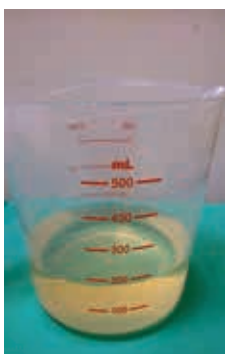
Performance phase

1. Inform your loved one before starting the procedure. Ask her to bend her knees and relax.
2. Using your dominant hand, pinch the tip of 1 cotton ball. Your fingertips must be covered by the cotton ball. It must not touch the skin during cleansing.
3. Cleanse the external genitals first – left, right, center. Use a new cotton ball each time (total 3).
4. After cleansing the external, use your thumb & forefinger (non dominant hand) to part the labia until you can visualise the urethra.
5. While maintaining the parting, gently cleanse inside three times. Use a new cotton ball each time (total 3).
6. After cleansing, maintain the parting & do not let go. Use your dominant hand to place the large container containing the catheter between the thighs.



Clean Intermittent Catheterisation (CIC)

7. Grip the well lubricated catheter 2 inches away from the tip & slowly insert it into her urethra. Ask your loved one to relax & take slow deep breathes. Insert the catheter when she breathes out. Ensure her buttocks & thighs are not tense or raised.
8. When urine starts to drain from the catheter, further insert 1 inch & hold the catheter in place. Urine will flow into container.
9. Let go of the parting & use the back of your hand to gently compress her lower abdomen.
10. When urine stops flowing, slowly withdraw the catheter in a downward motion inch by inch & observe for remaining urine flow.
11. If urine starts to flow again, STOP withdrawing & let the urine flow stop completely before withdrawing again.
12. Use the two remaining cotton balls to cleanse the excess gel on the urethra after withdrawing the catheter.



Clean Intermittent Catheterisation (CIC)

Completion

1. Dress the patient appropriately and ensure safety.
2. Pour the urine into the measuring jug and record the date, time and amount of urine drained.
3. Wash the catheter and containers with soap and water. Dry with paper towel. DO NOT air dry items.
4. Keep the catheter in the covered container.

Schedule to Perform the CIC

1x/day - >100mls – 11pm

2x/day - >200mls – 8am, 11pm

3x/day - >300mls – 8am, 4pm, 11pm

4x/day - >400mls – 8am, 1pm, 6pm, 11pm

5x/day - >500mls – 7am, 11am, 3pm, 7pm, 11pm

Example of documentation:

	7 January		8 January		9 January	
	Urine Output (ml)	tube	Urine Output (ml)	tube	Urine Output (ml)	tube
8am	100	300	100	80	400	200
1pm	50	350				
6pm	100	300				
11pm	150	400			300	100

Clean Intermittent Catheterisation (CIC)

Useful tips:

- You may discard the nelaton catheter after 3 days or earlier if it is badly soiled.
- Always bring a few sets of the nelaton catheter while outdoors.
- Use a notebook to keep a daily record of the urine output through CIC.
- Drinking enough water, having regular bowel movements and good personal hygiene lower the risk of acquiring a urinary tract infection.

Contact your nurse or seek medical attention if you notice the following:

- ✓ Cloudy / foul smelling urine
- ✓ Fever
- ✓ Blood stained urine
- ✓ Urethra ulcer
- ✓ > 500 mls of urine drained each time



Clean Intermittent Self Catheterisation for Females

Clean Intermittent Self Catheterisation (CISC)

What is Clean Intermittent Self Catheterisation (CISC)?

Clean Intermittent Self Catheterisation (CISC) is a clean technique of inserting a catheter by yourself into your urinary bladder to drain out urine. CISC must be performed at regular intervals as advised by your doctor or nurse.

When is CISC Required?

CISC may be ordered by the doctor or nurse when one:

- Is unable to completely empty their bladder.
- Is unable to urinate.
- Needs to have her urethra dilated.

How Does CISC Help You?

Further to helping to completely empty the bladder, CISC helps you to:

- Reduce dependency on a catheter.
- Decrease risk of urinary tract infections related to long term use of an indwelling catheter.
- Prevent further bladder & kidney damage.

Depending on your medical diagnosis, CISC may be required on a temporary or long term basis.

Clean Intermittent Self Catheterisation (CISC)

Items to prepare:

- 1 large container with cover
- 1 nelaton catheter size 10 / 12 as recommended by doctor / nurse
- 1 tube of lubricating gel (water based)
- 1 measuring jug (ml)
- 1 garbage bag
- 1 Mirror



Preparation phase (self)

1. Always try to urinate before starting CISC.
2. Wash genitals thoroughly after urination before procedure.

Clean Intermittent Self Catheterisation (CISC)

Preparation phase (items)

1. Wash & dry hands thoroughly with soap & water. Wipe table clean.
2. Wash containers & catheter (reused) with soap & water before use.
3. When opening a new catheter, open from the funnel end of the packet (as shown in the picture). Holding the funnel tip, slowly pull out the catheter and place it into the container. If the catheter falls to the ground or touches a dirty surface, wash it before using it again. Do not contaminate the catheter while pulling it out from the packet.
4. Holding the gel tube pointing downwards, discard the 1st portion of gel before squeezing some into the container.



Clean Intermittent Self Catheterisation (CISC)

Performance phase (toilet / private area)

1. Position yourself comfortably in either a sitting / squatting.
2. Position mirror on chair so that your urethra orifice is clearly visible.
3. Wash hands again before inserting the catheter
4. With non dominant hand, spread open your labia & maintain position while keeping your urethra orifice visible.



Clean Intermittent Self Catheterisation (CISC)

5. Grip the well lubricated catheter 4 inches away from the tip & slowly insert it into your urethra. Take slow deep breaths during insertion & DO NOT tense your buttocks & thighs.
6. When your urine starts to drain from the catheter, further insert 1 inch & hold catheter in place. Urine will flow into container.
7. When your urine flow stops, slowly withdraw the catheter in a downward motion inch by inch.
8. If urine starts to flow again, STOP withdrawing & let urine flow stop completely before withdrawing again.



Clean Intermittent Self Catheterisation (CISC)

Completion

1. Wash & dry genitals after CISC.
2. Pour your urine into the measuring jug and record the date, time and amount of urine drained.
3. Wash the catheter and container with mild soap & water. Shake it and dry with paper towel. DO NOT air dry items.
4. Keep the catheter in the covered container or ziplock bag. Change the bag daily.

Outdoor Pouch

- Wet tissue
- Hand sanitiser
- Lubricating gel
- Catheter in resealable bag

Schedule to Perform the CISC

1x/day - >100mls – 11pm

2x/day - >200mls – 8am, 11pm

3x/day - >300mls – 8am, 4pm, 11pm

4x/day - >400mls – 8am, 1pm, 6pm, 11pm

5x/day - >500mls – 7am, 11am, 3pm, 7pm, 11pm

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11pm	150	400			300	100

Useful tips:

- You may discard the nelaton catheter after 3 days or earlier if it is badly soiled.
- Always bring a few sets of the nelaton catheter while outdoors.
- Use a notebook to keep a daily record of your urine output through CISC.
- Drinking enough water, having regular bowel movements and good personal hygiene lower the risk of acquiring a urinary tract infection.

Contact your nurse or seek medical attention if you notice the following:

- ✓ Cloudy / foul smelling urine
- ✓ Fever
- ✓ Blood stained urine
- ✓ Urethra ulcer
- ✓ > 500 mls of urine drained each time



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