



## FACT SHEET

### CLEAN INTERMITTENT CATHETERIZATION Pennsylvania Chapter

Children with spina bifida (see ECELS Fact Sheet on Spina Bifida) or spinal cord injury may have a neurogenic bladder. A neurogenic bladder is one that does not store and empty urine in the usual way. A child with this type of bladder cannot be toilet trained. A bladder, normal or not, needs to empty frequently to protect the kidneys and to keep the child dry without wearing diapers. Many children with spina bifida need their bladders emptied with a plastic tube called a catheter. This is called clean intermittent catheterization (CIC). CIC provides children with spina bifida and spinal cord injury healthy kidneys and better social acceptance.

#### ***What is clean intermittent catheterization (CIC)?***

- “Clean” means the procedure is performed with a catheter that has been washed with soap and water and rinsed with fresh clean water before using again. The procedure does not have to be “sterile.” It is unnecessary to use a new, sterilized, sealed-in-the-package catheter each time.
- “Intermittent” means inserting the catheter into the bladder every 3-4 hours, draining the urine and pulling the catheter back out.
- “Catheterization” means inserting a plastic tube into the bladder to drain urine.

#### ***What can parents and child care providers do?***

- Follow the special care plan provided by the child's clinician.
- Insist on direct instruction by a health care professional before starting CIC.
- Catheters should be plastic, not rubber. Many children are allergic to latex.
- Check for the right catheter size according to the directions on the child's special care plan.
- Wash your hands before and after the procedure. A child's care plan may specify that you should wear non-sterile latex-free gloves.
- Rinse the catheter under the faucet after use. Wash in hot soap and water and rinse the catheter well before using again.
- Always use a lubricant such as KY® jelly so the catheter slides easily.
- Report any bad smelling or cloudy urine, or trouble inserting the catheter.
- Note that not all children on CIC will be dry between catheterizations.
- CIC has provided children with spina bifida and spinal cord injury healthy kidneys and better social acceptance.

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