

## Information Sheet

### Basic Procedure for Clean Intermittent Catheterisation

1. Wash your hands well before catheterisation. If you don't have any water, use *Wet Ones*.
2. Rinse out the catheter before inserting it.
3. Do not touch the catheter near the tip with your fingers before or during inserting it.
4. Insert the catheter until urine starts to flow.
5. Ensure that the bladder is completely empty before removing the catheter.
6. Catheterise every 3 - 4 hours during the day.
7. After using the catheter, wash it well under running cold tap water, shake to remove excess water and then dry it with a paper towel.
8. Store the clean catheter in dry container like a plastic bag or toothbrush holder.
9. Sometimes it is difficult to insert the catheter. If you cannot get it in, the muscles in the urethra may be in spasm. Remove the catheter and try again a few minutes later.
10. If you notice one of the following
  - fever
  - cloudy or smelling urine
  - blood in your urine
  - a significant change in the amount of urine
  - back or side paincontact the staff at the spina bifida clinic

**Never miss doing a catheter**

**Keep spare catheters in the car and at school**

**Change catheters each week -  
a good rule is a new catheter on Mondays**