

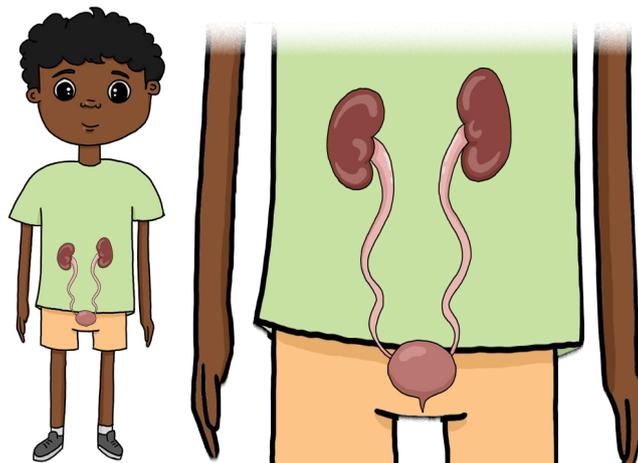


## For boys Clean intermittent catheterisation

Clean Intermittent Catheterisation (CIC) is a way to empty the bladder using a catheter (hollow plastic tube). If you do not empty the bladder properly you can get a urinary tract infection.

The urinary (u-rin-air-ree) system removes waste from our body. **The kidneys, ureter tubes, bladder and the urethra tube** are all part of the urinary system.

Neurogenic bladder is when the bladder is not emptying because the nerves around the bladder and sphincter muscle are not working properly.



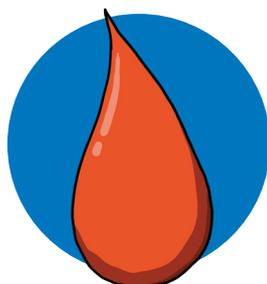
## Signs and symptoms of urinary tract infection



Fever



Pain or burning  
when peeing



Blood in the urine/  
pee



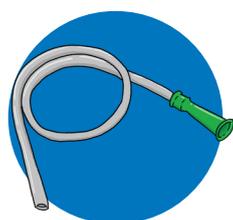
Increased  
wetness between  
catheters



Smelly urine/ pee

Call your GP, health clinic or emergency department so that a urine/pee test can be done and treatment started.

## What's needed for CIC



Catheter



Urine/pee  
container or  
toilet



Water based  
lubricant  
**No Vaseline**



Wet wipes  
**If no soap**



Sink, soap and  
water



Alcohol hand  
gel  
**If no soap to  
wash hand**

When bub is young, parents or carers will need to do the CIC. It is good to yarn with bub about what you are doing and how to do it and that it's a private thing, so when he is older he knows what to do.

Teaching bub the CIC will help him as he starts school or is out with friends and family. By school age he can do it by himself with a little bit of help from parents or carers, being independent will give him confidence.

## Teaching bub how to do it

1. Grab C.I.C things / items.

Wash your hands with soap and water or hand gel.



2. Stand or sit over the toilet.



3. Gently pull back the foreskin before washing (if not circumcised).

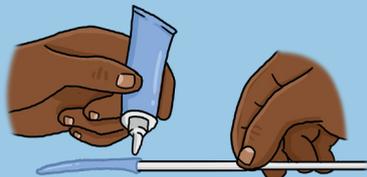
Wash the area and end of the penis with soap and water, or a wet wipe.



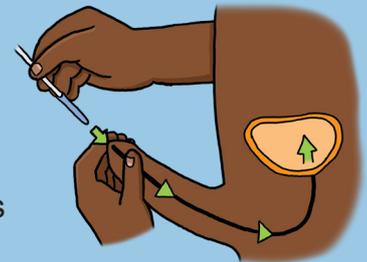
4. Re-wash hands if needed with soap and water or hand gel.



5. Put lubricant on catheter 2 to 3 cm along.



6. Hold the penis up, gently hold back the foreskin with one hand then insert the catheter into the urethra or tip of penis with the other hand.



7. Gently push the catheter until urine/pee starts to flow then lower penis. Stay in this position until the urine/pee stops.



8. Slowly start to remove the catheter. If urine/pee starts again, wait until it stops. Then slowly remove again till all urine/pee stops.

9. Replace the foreskin and throw out catheter and wet wipes if used.



10. Wash hands with soap and water or hand gel.



## Tips for school

- The continence nurse or doctor will make a school continence plan with bub and family.
- Having a school continence plan each year, will let the school know how to help bub.
- Teachers' assistants can support him.
- Keep extra catheters, lubricant, wipes or soap and hand gel, in a safe place at school or in his bag.
- Have a change of clothing at school in case of accidents.
- Yarn to the school and bub to see how the school continence plan is working and if there are any issues to work out.



Government of **Western Australia**  
**Child and Adolescent Health Service**

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