



Intermittent Sterile Catheterization for Males

What is intermittent cathing?

- Intermittent catheterization (“cathing”) involves a child or caregiver inserting a catheter (a long thin tube) through the urethra (the smooth passage from the bladder to the outside of the body that carries urine) into the bladder to empty urine. Once the bladder is empty the catheter is removed.

Why does my child need intermittent cathing?

- Your child needs intermittent cathing because they cannot empty their bladder fully on their own. This is often caused by damage to the nerves connecting the spinal cord and the sphincter muscles (muscles that tighten to hold urine in or relax to let urine out).
- Emptying the bladder with a catheter throughout the day allows your child to be dry between cathing. This helps prevent urinary tract infections, problems with the kidneys, and other more serious problems.

How often does my child need intermittent cathing?

- Your child needs to be cathed at the following times every day -

- It is important that you cath your child on time and do not skip any scheduled times.
- If you miss any of the above times, cath your child as soon as possible.

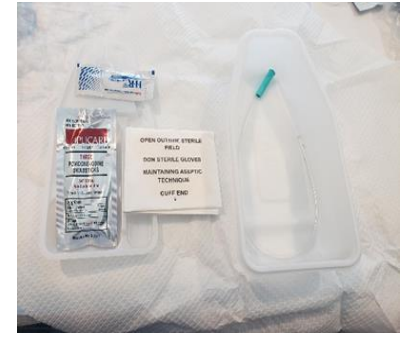
What does “sterile” mean and why is it important?

- The goal of sterile technique is to prevent your child from getting infections.
- Sterile technique involves using sterile gloves and equipment that has not been exposed to germs.
- The key to sterile technique is to remember not to accidentally touch anything sterile (your sterile gloved hand or sterile catheter) to a surface or object that is not sterile.

How do I perform sterile cathing?

1. Gather supplies. You may have a cath kit or you may need to use separate supplies. *Picture A.*
 - a. Catheter—size: _____ French
 - b. Baby wipes or clean damp cloth
 - c. Sterile gloves
 - d. Betadine
 - e. Container for urine
 - f. Water soluble lubricant
2. Move your child into a private place and remove your child's pants and underwear or diaper.
3. Wash your hands.
4. Put on clean gloves.
5. Clean the child's private area with a baby wipe or wet washcloth if there is any stool or discharge. *Picture B.*
6. Remove gloves.
7. Wash hands.
8. Set up sterile supplies –
 - a. Open kit.
 - b. Put on sterile gloves. Do not touch anything that isn't sterile once you have the sterile gloves on.
 - c. Organize supplies on sterile drape or in tray. *Picture C.*
 - i. Open lubricant – you may leave it in the packet or squirt onto tray or sterile drape.
 - ii. Open betadine packet.
9. If your child is not circumcised, retract the foreskin.
10. Grasp the shaft of the penis with your non-dominant hand and continue to hold while cathing.

Picture A.



Picture B.



Picture C.



11. Remove a betadine swab stick from the open package with your dominant hand and cleanse the urethral opening (hole at the tip of the penis that leads to the bladder).
- Place the tip of the betadine swab stick on the urethral opening.
 - Cleanse the urethral opening and head of the penis with the swab stick making a circular motion with the swab stick. *Picture D.*
 - Cleanse with all three swab sticks the same way, always Starting at the urethral opening but moving further down the penis with each swab stick. *Picture E.*

Picture D.*Picture E.*

12. Pick up the catheter with your sterile, dominant hand and lubricate the tip. *Picture F.*
13. Place the drainage end of the catheter into the sterile container. There is usually a colored, rubber end on the drainage end of the catheter.
14. Insert the catheter into the urethral opening until urine flows out. Push the catheter in one more inch to make sure it is far enough in the bladder. *Picture G.*
15. Continue to hold the penis and the catheter in place while the urine flows out.

Picture F.*Picture G.*

16. Once the urine stops flowing, you may gently push on the lower stomach over the bladder with your non-dominant hand to help the bladder to fully empty. *Picture H.*

Picture H.



17. When urine stops flowing, pull the catheter out about an inch to see if any more urine flows out. If it does, wait until urine stops flowing before removing the catheter.

18. When there is no more urine coming out of the catheter, pinch or bend the catheter to prevent leakage and backflow of urine into the bladder, and gently pull the catheter out. *Picture I.*

Picture I.



19. Use a wet washcloth or a baby wipe to clean any excess urine, betadine, and lubricant off your child's skin.

20. Pour the urine down the toilet. Rinse the supplies you need to keep for later with warm, soapy water. Throw away any other supplies.

When to call the doctor:

- Fever
- Foul-smelling urine
- Blood in the urine
- A lot of sediment (floating particles that eventually settle to the bottom) in the urine (that looks different than usual for your child).
- Pain in the lower back or lower abdomen
- Trouble inserting the catheter
- Pain while catheterizing