



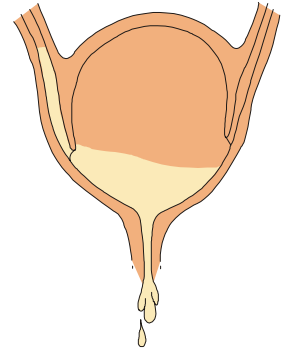
## PATIENT INFORMATION

# How To Do Self Intermittent Catheterization (I.C.) For Female (clean method)



### WHY IS IT IMPORTANT?

Intermittent Catheterization (I.C.) drains the urine from your bladder using a small tube. Regular I.C. keeps your bladder empty. Most important, it prevents kidney problems, infection, bladder stones and dribbling of urine. In order to keep your bladder healthy, you should drink \_\_\_\_\_ liquid every day.



### WHEN DO I DO I.C.?

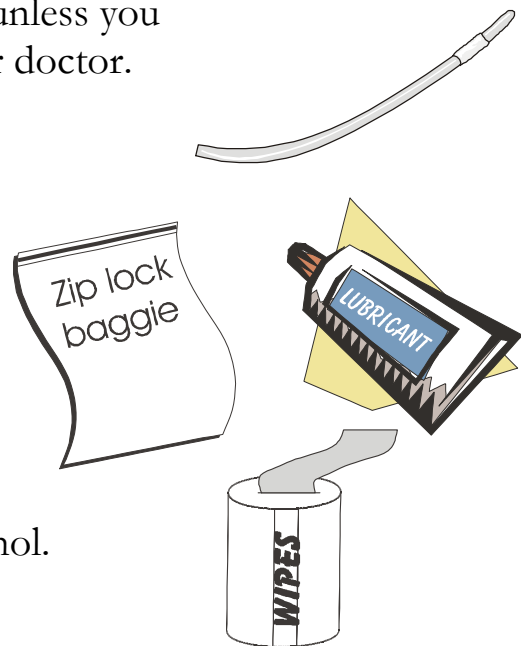


As ordered by your doctor, you should do I.C. every \_\_\_\_\_. Do not change I.C. times unless you have discussed it with your doctor.

### TO DO I.C.?

### WHAT WILL I NEED

1. Red rubber catheter size \_\_\_\_\_ or short plastic female catheter.
2. Lubricant jelly.
3. Zip lock baggie.
4. Pop-up wipes **NOT** containing alcohol.
5. Mirror (when you are first learning).



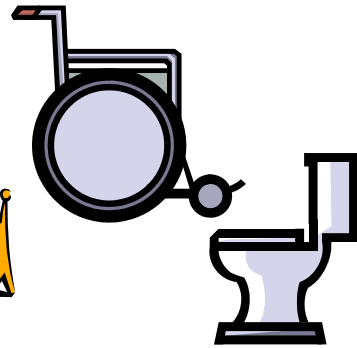
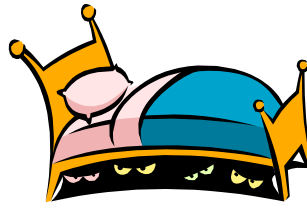
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## WHERE DO I DO I.C.?

1. In your chair or wheelchair.
2. In bed.
3. On the toilet.

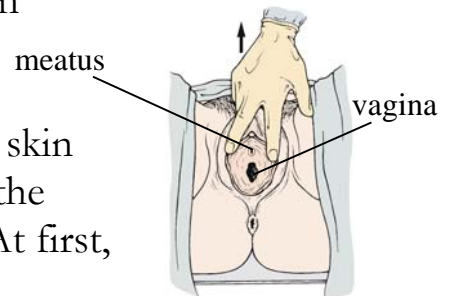


## HOW DO I DO I.C.?

1. Put supplies near you.
2. Wash your hands.
3. Smear lubricant jelly onto the catheter.
4. Sit on the toilet, stand over the toilet or sit on a chair or wheelchair.



5. Use your fingers to spread apart the folds of skin (labia) covering your urinary opening. Find the urinary opening (meatus) with your finger. At first, you may need to use a mirror to see it.



6. Clean the area with a wet wipe. Wipe from front to back.
7. Pick up the lubricated catheter and push it slowly into meatus until urine begins to drain out.



8. Drain all the urine from your bladder by pressing down on your stomach muscles or by pressing your hand over your bladder.

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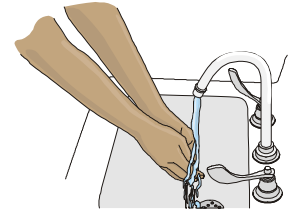
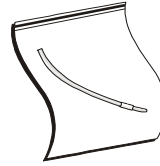
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9. When the flow of urine stops, slowly remove the catheter.

10. Wash your hands and the catheter with soap and water. Rinse it thoroughly after each catheterization. You may wash all the catheters you use every night. Air dry the catheters.

11. Place the catheter in baggie.

12. Boil the catheter for 20 minutes once a week.



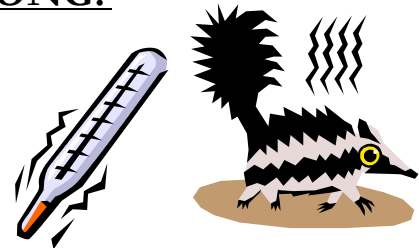
### **HOW DO I KNOW IF SOMETHING'S WRONG?**

1. Changes in the color or smell of urine.

2. Fever.

3. Feeling of frequency, urgency, or burning.

4. Leaking urine between I.C.



### **WHAT TO DO IF SOMETHING'S WRONG?**

Call your Doctor or Nurse or the Urology Clinic:

**(562) 401-6208, Monday - Friday, 8:00 AM - 4:00 PM.**

At night and on weekends and holidays call:

**(562) 401-7111.**



**Disclaimer:** Information presented on this page is for specific health educational purposes only. Persons should consult qualified health professionals regarding specific medical concerns or treatment. Each clinician caring for the patient is responsible for determining the most appropriate care.

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