Instruction Guide to Clean Self-Intermittent Catheterization for Parents of Boys Using the Hydrophilic Cure Catheter®

(Children 2 - ≤12 years of age. Adolescents 12 - ≤ 18 years of age.)

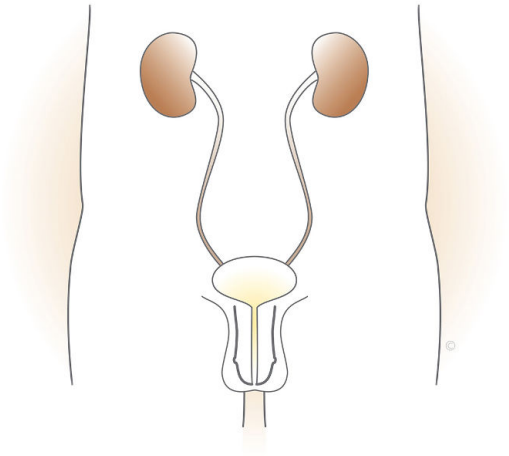
This educational material is provided by Convatec Continence Care in an effort to answer questions and address possible concerns about the intermittent catheterization process. By following the basic steps for clean intermittent catheterization, it is possible to quickly master the technique. As many parents have found, the process becomes a simple part of a daily routine for your child's bladder management and urinary tract health.

Convatec Continence Care wishes to thank Anne Boisclair-Fahey, DNP, RN, CPNP, for writing this educational material. Her experience as a Senior Director of Advanced Practice Providers (APPS) at Children's Minnesota Hospital, combined with over 20 years of clinical expertise in pediatric urology as a pediatric nurse practitioner, make her contribution to this instruction guide invaluable.

This instruction guide is not a substitute for medical advice from your healthcare provider.

The Urinary System

The urinary system contains two kidneys, two ureters, the bladder and the urethra. The kidneys filter the blood and produce urine. The urine travels from the kidneys down the ureters and into the bladder, where it is stored until emptied during urination or catheterization. The urethra is the tube that empties the urine out of the body.



When the bladder is full, the brain sends a signal down the spinal cord to the bladder, causing it to empty. For people with spinal cord issues, the signal from the bladder to the brain gets interrupted, making them unable to empty their bladder.

When children are unable to empty their bladder on their own, they are at risk for urinary tract infections, as well as incontinence or involuntary loss of urine. When urine stays in the bladder and is not emptied, bacteria can grow, causing infections which can lead to illness. Research has shown that intermittent catheterization helps reduce urinary tract infections, control urinary leakage (incontinence) and prevent urinary tract damage.

Introduction to Intermittent Catheterization

Intermittent catheterization is the periodic emptying of the bladder by the insertion of a hollow plastic tube (catheter) into the urethra, past the sphincter muscles and into the bladder. Urine then passes out of the bladder through the catheter.

Intermittent catheterization is used when a person is unable to empty his bladder. Medical conditions that often require intermittent catheterization include spinal cord injuries, spina bifida and multiple sclerosis, to name a few.

Intermittent catheterization must be done at regular intervals each day to keep the bladder healthy.

A healthcare provider has recommended clean intermittent catheterization to help empty your child's bladder and keep the urinary system healthy.

How Often Should I Catheterize My Child?

Your healthcare provider will let you know how often your child will need to be catheterized and the size of the catheter you should use. Normally, intermittent catheterization is performed every four hours starting when your child wakes up in the morning and continues every four hours until bedtime. Some children are catheterized on a more frequent schedule. Most children who are catheterized do not need catheterization at night. Your healthcare provider will let you know if your child needs catheterization at night. For school age children, it is important to maintain their catheterization schedule throughout the school day. The school nurse will be able to assist your child if necessary.

Can My Child Be Taught Clean Self-Intermittent Catheterization?

If your child shows interest in learning the procedure and has good hand dexterity, flexibility and coordination, he may be able to learn to routinely perform catheterization. Even though most children can easily learn the procedure, it is very important that parents supervise their children's catheterizations to make sure they are adequately emptying their bladders and using the proper technique. Research has shown that when children are completely left to catheterize themselves without supervision, some of the technical steps are often missed, resulting in urinary incontinence and urinary tract infections.

Intermittent Catheterization Instructions for Parents of Boys

Depending on the age of the child, catheterization can be done lying down on an underpad, sitting on the toilet, standing in front of the toilet or sitting in a chair or wheelchair.

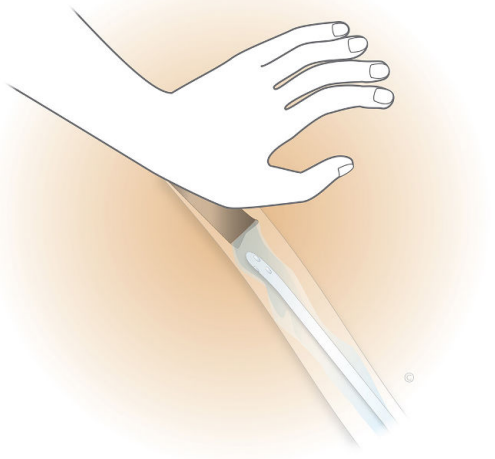
1. Before you begin, gather the following materials:
   - Cure Ultra® in a sealed wrapper.
   - Something to cleanse the area:
     Soap, water and a washcloth or unscented disposable wipes.
   - Hand towel.
   - A container to collect the urine if not cathing on or near a toilet.



Pediatric, hydrophilic 10", straight tip catheter with funnel end and purified water packet.

The sterile, Hydrophilic Cure Catheter® features smooth, fire polished eyelets and a gripper sleeve. It is not made with DEHP/ DINP, BPA, or natural rubber latex

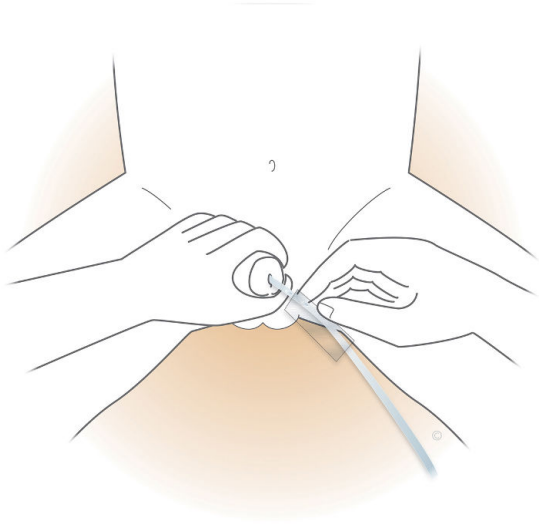
2. Inspect the catheter before use. If the catheter or the package is damaged, do not use.
3. Wash hands thoroughly with soap and water, or use an antibacterial hand cleaner.
4. Have the child urinate if possible.
5. From the outside of the package, squeeze, or press down on, the pouch to distribute purified water throughout the package - hydrating the catheter for comfortable, lubricated insertion, without mess.
6. Open the package, then remove the paper which covers the adhesive area on the catheter package and press the package adhesive area firmly to a vertical surface to prevent a spill.



7. Position the child comfortably and move clothing out of the way. If the child is sitting on the toilet, legs should be spread. If lying down, knees can be straight or bent.
8. Hold the penis upright on the sides so that the urethra is not pinched.
9. Retract the foreskin if the penis is uncircumcised. Wash the glans penis from the urethral opening (tip) to the base of the glans with soap, water and washcloth or unscented disposable wipe. Wash with a circular motion from the tip outward. Do not wash back and forth over the urethral opening. Repeat the washing two more times with different areas of the wash cloth, or with a new unscented wipe each time.

Intermittent Catheterization Instructions for Boys Continued

10. Remove the catheter from the package. A unique, textured gripper sleeve is provided to enable you to easily hold and advance the catheter without touching it.



11. While holding the penis upright at a 45 to 60-degree angle from the body, slowly insert the lubricated catheter into the penis. Do not pull the catheter in and out when you meet resistance.
12. Once the catheter has passed one half length of the urethra, lower the penis and apply gentle but firm continuous pressure until the catheter advances into the bladder.
13. Continue to insert the catheter until urine begins to flow. If the child is sitting on the toilet with legs spread apart, the urine can drain into the toilet. If the child is lying down, place the funnel end of the catheter into a container to collect the urine. Hold it in place until urine stops flowing.
14. When urine stops flowing, slowly rotate the catheter between your fingers while withdrawing it. If urine starts to flow again, stop withdrawing the catheter and let the urine drain. To completely remove the catheter, pinch off the end and pull it out. This will prevent urine from flowing back into the bladder. If the child is uncircumcised, make sure you bring the foreskin back over the glans penis when you are finished.
15. Consult your healthcare provider if you notice any unusual odor and/or cloudy, hazy urine.
16. The Hydrophilic Cure Catheter® is intended for one-time use.

Your Child's Clean Intermittent Catheterization Specifications

- Hydrophilic Pediatric Cure Catheter® size:
  ◯ 8 FR ◯ 10 FR ◯ 12 FR ◯ 14 FR

- Catheterize _____times a day or every_____hours.

- Catheterization required at night: ◯ Yes or ◯ No

Healthcare Provider Contact Information:

_____ _____

Name Telephone Number

Healthcare Product Supplier Contact Information:

_____ _____

Name Telephone Number

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