Instruction Guide to Clean Intermittent Catheterization for Parents of Girls Using the Hydrophilic Cure Catheter®

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

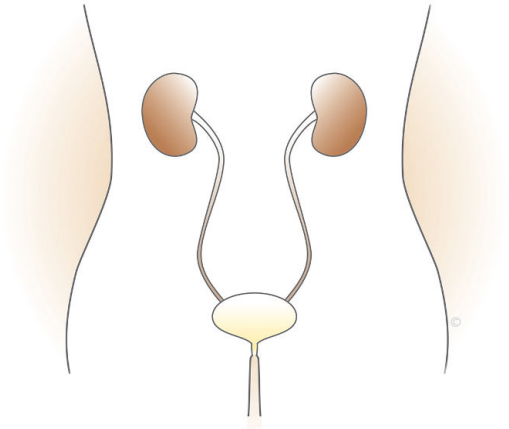
This educational material is provided by Convatec Continence Care in an effort to answer questions and address possible concerns about the intermittent catheterization process. By following the basic steps for clean intermittent catheterization, it is possible to quickly master the technique. As many 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 her 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 an interest in learning the procedure and has good hand dexterity, flexibility and coordination, she may be able to learn to perform self-catheterization routinely. Many girls have learned tocatheterize themselves as early as five years of age. It is advisedthat girls use a mirror initially to help locate the opening, and assist with proper catheterization. With parental support andencouragement, mostgirlseventually perform self-catheterization by touch and feel.

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 Girls

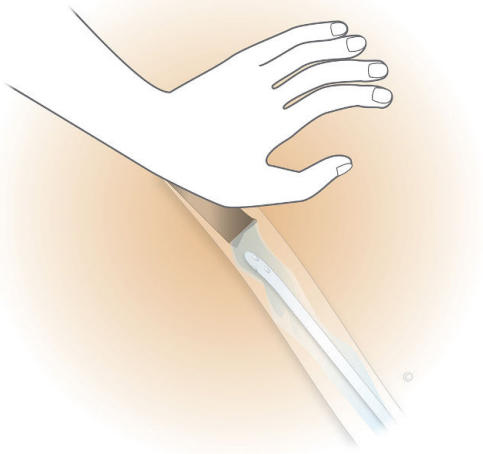
Depending on the age of the child, catheterization can be done lying down on an underpad, sitting on the toilet, standing in front of the toilet or sitting in a chair or wheelchair.

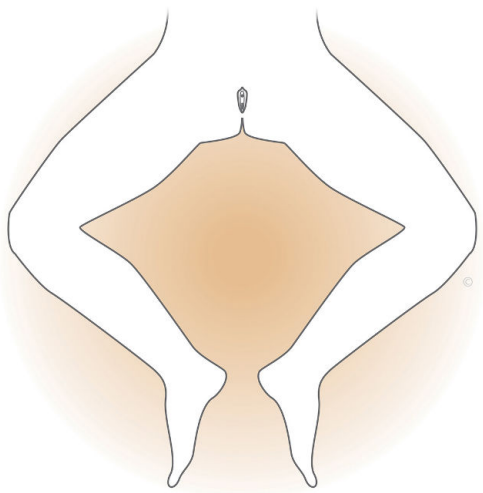


Pediatric, hydrophilic 10", straight tip catheter with funnel end and purified water packet

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

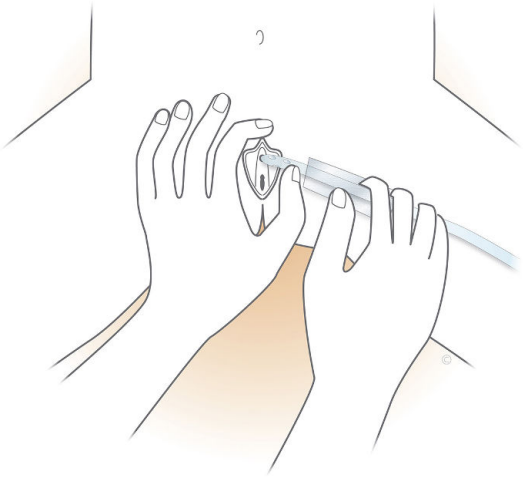
1. Before you begin, gather the following materials:
   - Hydrophilic Cure Catheter® in a sealed wrapper.
   - Something to cleanse the area: Soap, water and a washcloth, or unscented disposable wipes.
   - A container to collect the urine if not cathing while sitting on or near a toilet hand towel.
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, bend the knees and place the heels together in a "frog-like" position.
8. Using the non-dominant hand, separate the labia with the thumb and forefinger to locate the urethra.
9. With the labia separated, wash the urethral area from front to back thoroughly with soap, water and washcloth or unscented disposable wipe. Never go back and forth over the urethral opening. Repeat washing from front to back with the different areas of the washcloth or throw away wipe.





Intermittent Catheterization Instructions for Girls 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. With your dominant hand, insert the catheter gently into the urethral opening. Continue to insert the catheter about 2 inches 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.
12. 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.
13. Consult your healthcare provider if you notice any unusual odor and/or cloudy, hazy urine.
14. 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

convatec
— forever caring —

CURE®