

INSTRUCTIONS FOR GIRLS

Wash your hands thoroughly with soap and water. Sometimes it could be worthwhile to try to wee on your own before CIC (Clean Intermittent Catheterisation).



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During the learning period, it is important to find a position which suits you best.



Take the catheter out of the package. With the index and middle finger of one hand, spread the labia apart and lift it gently upwards. You should now be able to see the opening of the urethra.

Hint – do not worry if you can't find your urethra first time. Try to relax and take a break if you need to, or you may use a mirror.



With your other hand, slowly push your catheter into your urethra until the urine starts to flow. Make sure the funnel end is pointing into a toilet, jug or drainage bag.



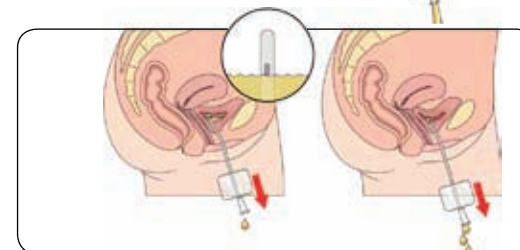
When the urine starts to flow, push the catheter further in one or two cm to make sure that the drainage holes are fully into the bladder. You can now let go of the labia to free up your other hand.



To ensure complete emptying of the bladder – remove the catheter gradually and slowly.

Hint – it can sometimes be easier to hold the catheter like you would a pen. This can make it easier to insert.

Once the urine has started to drain, try to keep the catheter as steady as possible as it may take some time for the bladder to drain.



When the bladder is empty withdraw the catheter slowly.

Hint – pinch or fold the catheter so that the last few drops remains in the catheter.

End the procedure by washing your hands once more.

