

## What is the size of the catheter that is suitable for my child?

The size of the catheter refers to the thickness of the tube, which is measured in a unit called French (FR), and ranges between FR6 and FR12 for children.

Your child's doctor will recommend a suitable catheter size and suggest changes in size if needed.

## What do I need to take note of?

Please visit your child's doctor if:

- You have trouble inserting the catheter
- Your child has any symptoms of urinary tract infection (UTI) such as:
  - Cloudy urine, or with sediments
  - Foul smelling urine
  - Urine is pink or red
  - Fever
  - Pain when urinating or catheterising

The information provided in this publication is meant purely for educational purposes and may not be used as a substitute for medical diagnosis or treatment. You should seek the advice of your doctor or a qualified healthcare provider before starting any treatment or if you have any questions related to your health, physical fitness or medical condition.

## About the Khoo Teck Puat – National University Children's Medical Institute (KTP-NUCMI)

The KTP-NUCMI is the paediatric arm of the National University Hospital and comprises the Departments of Paediatrics, Paediatric Surgery and Neonatology. We provide comprehensive and specialised medical and surgical services for newborns, children and adolescents, and are the only public hospital in Singapore that offers paediatric kidney and liver transplant programmes. Through a generous gift from the Estate of Khoo Teck Puat, we have set up an integrated outpatient facility with medical, diagnostic and rehabilitation services.

For more information about us, visit [www.nuh.com.sg/nuhkids](http://www.nuh.com.sg/nuhkids).

### Contact Us

#### 24-hour Children's Emergency

Location: NUH Main Building, Zone F, Level 1  
General Enquiry: +65 6772 2555

#### KTP-NUCMI

Location: NUH Main Building, Zone E, Level 2  
(Accessible via Kent Ridge Wing, Zone C, Level 2, Lift Lobby C)  
Operating Hours: 8.30am – 5.30pm (Mon to Fri), 8.30am – 12.30pm (Sat)  
General Enquiry: +65 6772 5736 Appointment Line: +65 6772 2002  
Fax: +65 6776 2102 Email: [ktpnucmi\\_appt@nuhs.edu.sg](mailto:ktpnucmi_appt@nuhs.edu.sg)

#### 9a Viva-University Children's Cancer Centre

Location: NUH Medical Centre, Zone B, Level 9  
Operating Hours: 8.30am – 5.30pm (Mon to Fri)  
Appointment Line: +65 6772 5030 Fax: +65 6872 4314  
Email: [cbccappt@nuhs.edu.sg](mailto:cbccappt@nuhs.edu.sg)

#### NUH Children's Urgent Care Clinic @ Bukit Panjang

Location: Junction 10, 1 Woodlands Road, #01-22, Singapore 677899  
Operating Hours: 9am – 11pm daily (including public holidays)  
General Enquiry: +65 6219 1538 Email: [childrenucc@nuhs.edu.sg](mailto:childrenucc@nuhs.edu.sg)  
Website: [www.nuh.com.sg/ucc](http://www.nuh.com.sg/ucc)

#### NUH Child Development Unit @ JMC

Location: Jurong Medical Centre,  
60 Jurong West Central 3, Level 2, Singapore 648346  
Operating Hours: 8.30am – 5.30pm (Mon to Fri)  
Appointment Line: +65 6665 2530/2531 Fax: +65 6665 0158  
Email: [cdu@nuhs.edu.sg](mailto:cdu@nuhs.edu.sg) Website: [www.nuh.com.sg/cdu](http://www.nuh.com.sg/cdu)

#### NUH Child Development Unit @ Keat Hong

Location: Keat Hong Community Club,  
2 Choa Chu Kang Loop, #03-01, Singapore 689687  
Operating Hours: 8.30am – 5.30pm (Mon to Fri)  
Appointment Line: +65 6769 4537/4637 Fax: +65 6665 0158  
Email: [cdu@nuhs.edu.sg](mailto:cdu@nuhs.edu.sg) Website: [www.nuh.com.sg/cdu](http://www.nuh.com.sg/cdu)

#### National University Hospital

Location: 5 Lower Kent Ridge Road, Singapore 119074  
Tel: +65 6779 5555 Email: [NUH\\_enquiries@nuhs.edu.sg](mailto:NUH_enquiries@nuhs.edu.sg)  
Website: [www.nuh.com.sg](http://www.nuh.com.sg)



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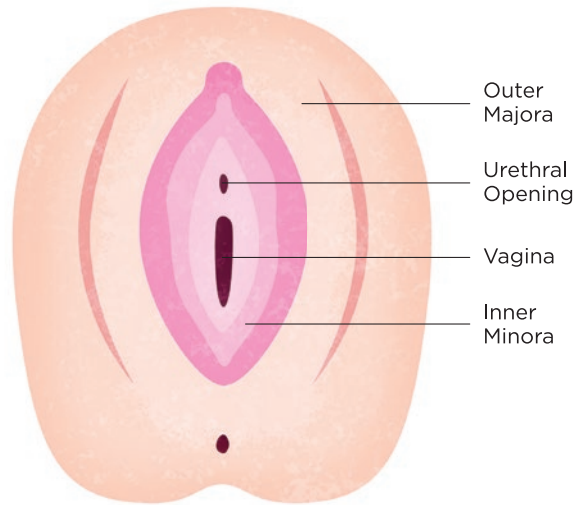
Information is correct at the time of printing (Feb 2021) and subject to revision without prior notice.

# Clean Intermittent Catheterisation for Girls



Khoo Teck Puat – National University  
Children's Medical Institute

# What is clean intermittent catheterisation?



Clean intermittent catheterisation (CIC) is a procedure that helps to empty the bladder when the bladder is unable to empty on its own. Infections or other problems can happen if the bladder is not properly drained and emptied.

CIC involves inserting a catheter through the urethra into the bladder. Urine then flows from the bladder through the catheter into the urine collection container.

## Instructions



**1** Wash your hands with soap and water. Prepare the requisites and place them where you can easily reach.



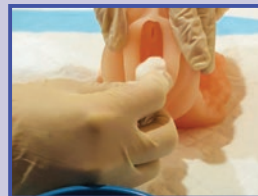
**2** Pour 20ml of normal saline 0.9% onto the cotton balls.



**3** Place the catheter on a flat surface when opening the packaging. Lubricate approximately 5 to 8cm of the catheter with lubricating gel.



**4** Position your child on her back and expose her appropriately. Wash your hands with soap and water again.



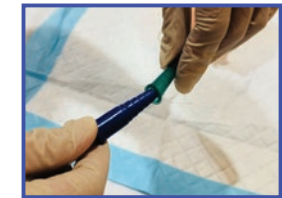
**5** Cleanse the labia majora and minora from top to bottom with a separate swab of the saline-soaked cotton balls each time. Advise your child to breathe slowly as it will help to relax her muscles.



**6** Insert the tip of the catheter slowly into the urethra meatus until urine flows out. Once urine flow begins, insert the catheter 3cm further to allow the urine to flow better. Hold the catheter in place until the urine flow stops. Drain urine into the collection container or toilet bowl.



**7** Remove the catheter once the urine flow stops completely. Hold your finger over the end of the catheter while removing it. Wipe away the lubricating gel with the remaining saline-soaked cotton balls.



**8** If overnight drainage is required, connect the catheter to the drainage bag. Secure the catheter to the inner thigh with adhesive tapes to prevent accidental dislodgement.



**9** Wash your hands with soap and water.

## What do I need to prepare for the procedure?

You will need:

- 1 nelaton catheter (size depends on your child's age)
- 1 pack of cotton balls
- 20ml of normal saline 0.9%
- Lubricating gel
- 1 collection container
- 1 hand mirror (if needed)

## How often does my child need CIC?

Your child's doctor will discuss with you on the frequency of CIC required for your child.

