

Cure Catheter™ (Uncoated)

Instruction Guide to Clean Intermittent Catheterization for Parents of Boys

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



By following the basic steps for clean intermittent catheterization with the **Cure Catheter™ (Uncoated)** catheter, 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. **This instruction guide is not a substitute for medical advice from your healthcare provider.**

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.

Clean 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:
 - The Cure Catheter™ (Uncoated) 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 on or near a toilet
 - Hand towel

Clean Intermittent Catheterization Instructions for Parents of Boys Continued

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. Hold the penis upright on the sides so that the urethra is not pinched
6. 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 washcloth or with a new unscented wipe each time
7. While holding the penis upright with one hand at a 45 to 60-degree angle from the body, slowly insert the catheter into the penis using your dominant hand (shown). Once you have passed half the length of the catheter through the urethra, lower the penis and slide the catheter until you meet resistance at the urethral sphincters. Do not pull the catheter in and out when you meet resistance; just apply gentle but firm continuous pressure until the catheter advances into the bladder
8. Continue to insert the catheter until urine begins to flow. Hold it in place until urine stops flowing
9. 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. Continue the process until the bladder is empty and the catheter is removed. If your child is not circumcised, make sure you bring the foreskin back over the glans penis when you are finished
10. Consult your healthcare provider if you notice any unusual odour and/or cloudy, hazy urine
11. The Cure Catheter™ (Uncoated) is intended for one-time use



We're here to help

The **me+** program offers support and tools to help make life easier as a catheter user with information on proper product use, and answers to the most commonly asked questions about clean catheterization.

Speak with a member of the **me+** support team today. Call **1-800-465-6302** (Mon-Fri, 8:00am-6:00pm ET).

For more information, visit convatec.ca



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