

Intermittent Clean Catheterization

ICC

Intermittent Clean Catheterization (ICC) is a procedure for people who have trouble urinating the “normal” way. In an ICC procedure, you insert a catheter, a thin, hollow tube, into your bladder to help you urinate.

People who need to perform ICC include those who have certain medical conditions, including:

- stroke
- Parkinson's disease
- multiple sclerosis
- spinal cord injuries
- spinal surgeries
- erectile dysfunction
- trauma/accidents
- central nervous system tumors
- cerebral palsy
- heavy metal poisoning

If you have to perform ICC, you will be inserting and removing the catheter several times a day; your doctor will tell you how many times. By performing this procedure every day, you will not have to wear a catheter all the time. In addition, you will help prevent kidney infection and keep your bladder from stretching.

Here are the steps for performing an ICC.

Supplies

You will need the following supplies:

- a catheter
- soap and towels
- a water-based lubricant
- plastic bags



Before you insert the catheter

Try to urinate before you insert the catheter.

This will help prevent infection in your bladder. Also, move your clothing out of the way before you start.

Women

Inserting the catheter

1. Wash your hands with soap and water.
2. Wash your genital area thoroughly with soap and water to reduce the chance of infection.
3. Take the catheter out of the package.
4. Put a large amount of lubricant over the end of the catheter. This will help it slide in more easily. Be sure to use a water-based lubricant; do NOT use a petroleum-based lubricant.
5. You can sit or stand, whichever is more comfortable for you. Spread your legs. With one hand, spread the labia, or lips, of your vagina.



Locate the urethral opening, the area where urine comes out. You may



need to use a mirror to find it.

6. Once you have found the urethral opening, take the catheter in your other hand and gently insert it into your urethra. Keep pushing the catheter until it reaches the bladder and urine starts to flow through the catheter. Insert the catheter another inch or so and hold it there.
7. When the urine stops flowing, gently remove the catheter.
8. Wash the catheter with soap and warm water and place it in a plastic bag until the next time.
9. Wash your hands with soap and water.

Men

Inserting the catheter

1. Wash your hands with soap and water.
2. Wash your genital area thoroughly with soap and water to reduce the chance of infection.
3. Take the catheter out of the package.
4. Put a large amount of lubricant over the end of the catheter. This will help it slide in more easily. Do NOT use a petroleum-based lubricant.

5. Sit on a toilet and spread your legs. Hold your penis out from your



body in a horizontal position.

6. Take the catheter in the other hand and gently insert it into your urethra. Hold the other end of the catheter over the toilet bowl.
7. Keep pushing the catheter until it reaches the bladder and urine starts to flow through the catheter. Insert the catheter another inch or so and hold it there.
8. When the urine stops flowing, gently remove the catheter.
9. Wash the catheter with soap and warm water and place it in a plastic bag until the next time.
10. Wash your hands with soap and water.

You can use a catheter for two to four weeks. You should replace the catheter if it becomes discolored, hard or brittle, or simply doesn't work properly anymore.

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