



## Intermittent bladder catheterization: Methods of care SUMMARY

### **Catheterization: girls**

1. Anticipate
2. Prepare
3. Proceed
4. Prepare materials
5. Position your daughter
6. Locate the urethral opening
7. Clean the area around the urinary meatus, as needed
8. Insert the catheter
9. Empty the bladder
10. Remove the catheter
11. Clean and store the catheter
12. Measure and record the amount of urine collected, if necessary
13. Recovery

### **Catheterization: boys**

1. Anticipate
2. Prepare
3. Proceed
4. Prepare materials
5. Position your son
6. Locate the urethral opening
7. Clean the area around the urinary meatus, as needed
8. Insert the catheter
9. Empty the bladder
10. Remove the catheter
11. Clean and store the catheter
12. Measure and record the amount of urine collected, if necessary
13. Recovery

### **Intermittent catheterization: Mitrofanoff**

1. Anticipate
2. Prepare
3. Proceed
4. Prepare materials
5. Position your child
6. Clean the stoma and the skin around the stoma
7. Insert the catheter
8. Empty the bladder
9. Remove the catheter
10. Clean and store the catheter
11. Measure and record the amount of urine collected, if necessary
12. Recovery