



Intermittent Catheterization: Girl SUMMARY OF STEPS

| Steps | Notes |
|--|-------|
| Anticipate | |
| Prepare | |
| Proceed | |
| Prepare the materials | |
| Position your daughter | |
| Locate the urethral opening | |
| Clean the area around the urinary meatus, as needed | |
| Insert the catheter | |
| Empty the bladder | |
| Remove the catheter | |
| Clean and store the catheter | |
| Measure and record the amount of urine collected, if necessary | |
| Recover | |