



Intermittent Catheterization: Girls

- 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