

Clean Intermittent Self Cath

How to Perform CISC

(Clean Intermittent Self Catheterization)

1. Assemble all equipment: catheter, lubricant, drainage receptacle (women and mirror for helping to identify anatomy if needed)
2. Wash your hands thoroughly
3. Clean the urethral opening as directed. (This can be done with a special cleansing wipes, betadine, hibiclens, or mild soap and water.)
4. Lubricate the catheter with KY jelly.
5. Begin to gently insert the catheter into the urinary opening.
6. Once the catheter has been inserted past the sphincter, urine will begin to flow.
7. Once the urine flow starts, hold the catheter in place until the urine flow stops and the bladder is empty.
8. Withdraw the catheter in small increments to make sure the bladder empties and discard catheter.
9. If your provider has requested you to record the amount of urine obtained, please do so now.

Be sure and call our office if you have any questions on self catheterization.