

## Clean Intermittent Catheterizing (CIC) Instructions General Urology Clinic

- Catheterize yourself \_\_\_\_\_ times a day
- Be sure to always wash your hands with soap and water **prior** to cathing
- You should record your void/cath amounts on the voiding diary given to you
- Remember to measure void and cath amounts
  - Void First: Measure this amount and record on voiding diary
  - Cath: Measure this amount and record on voiding diary
  - Total the void and cath amounts and put in the end column

Example:

DATE	TIME	VOIDED AMT	PVR (CIC) AMOUNT	TOTAL	COMMENTS
6/1/2020	7am				Foley cath removed
6/1/2020	830am	100c		100cc	Had urge to urinate
6/1/2020	10am	200	200	400	Did CIC and it went well
6/1/2020	12pm	100		100	
6/1/2020	1pm	200	100	300	

- Total Void + cath amounts should always remain under \_\_\_\_\_ cc
  - Per toiler hat or graduated cylinder
  - If amounts total more than \_\_\_\_\_ cc, you need to void or cath more frequently so the amounts remain under \_\_\_\_\_
- If you are at a twice a day cathing, and your cath amounts are consistently below 70 cc (the bottom notch on the graduated cylinder), you may go to once a day cathing
- If at once a day cathing, your cath amounts are consistently below 70cc, you may stop cathing. Cath periodically to insure you are not retaining urine once you stop cathing. If you cath for more than 70 cc, reinitiate cathing often enough to keep total volumes under \_\_\_\_\_ cc
- Dispose of catheter in your regular trash

Note:

- Initially, with performing CIC, it is normal to get mild hematuria (blood in the urine) due to irritation of the urethra from the catheter.

## **Special Instructions**

- Call the Urology Clinic if you develop any of the following:
  - Develop large amounts of hematuria
  - Fever
  - Chills
  - Back pain
  - Lower abdominal pain
  - Burning with urination

## **Emergency Center**

In case of any emergency, call 911 or go to the nearest emergency center. *For non-emergencies during business hours, call our triage line at 904-202-7300 option 3.*