



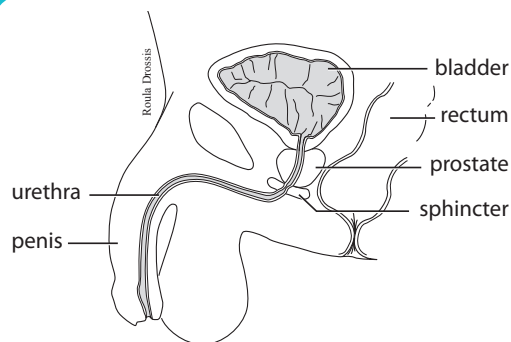
Clean intermittent self-catheterization for men (CIC)

CIC is a safe way to help empty your bladder when it cannot fully empty on its own. Many men find that their health and daily living are better with CIC.

What is clean intermittent self-catheterization (CIC)?

- The kidney makes urine, which is stored in the bladder.
- When you need to urinate, the bladder muscle squeezes the urine through the urethra. (See diagram: *Side view of male bladder, prostate, and urethra*)
- Clean intermittent self-catheterization (CIC) is a way for you to help your bladder empty when it has trouble with urinating or doesn't empty at all.

Side view of male bladder, prostate and urethra



When is CIC needed?

- Most of the time you will need CIC if:
 - Something is blocking the opening (such as after pelvic surgery) **OR**
 - The bladder muscle is too weak to squeeze out the urine **OR**
 - To keep scar tissue open.
 - To help you urinate, a plastic or rubber tube (called a catheter) is passed through the urethra to your bladder. (See section: *What equipment will I need to do a CIC?*)
- Often, you can learn how to put in and take out a catheter by yourself (self-catheterization or CIC).
 - In some cases, a catheter may need to stay in your bladder (a full-time catheter).
 - A full-time catheter empties urine into a bag that is attached outside of your body (often to your leg).
 - After several weeks, there could be problems with this bag such as:
 - An infection in your bladder.
 - The growth of “stones.”
 - Pain or soreness from having a catheter in your urethra.
 - The inconvenience of collecting urine in a bag on your body.
 - Doing a CIC may avoid the costs and problems of a full-time catheter.

What equipment will I need to do CIC?

- A clear plastic or soft rubber tube (called a catheter) is sold in different sizes:
 - 12, 14 or 16 French (the name used for the sizes).
 - Your doctor will let you know which size you will need.
- A lubricant (that makes the surface more smooth or slippery) makes it easier to put in the catheter.
 - A lubricant (such as KY Jelly™ or Muko Jelly™) needs to dissolve in water (called water-soluble lubricant)
 - **It is important NOT to use petroleum jelly like Vaseline™ or mineral oils as they do not dissolve in the body.**
- You can buy low-cost catheters from medical supply stores or your pharmacy.
- Have two or three catheters on hand at all times.
- You can also buy catheters that are already lubricated.
- A soapy washcloth, throw-away wet wipes, or unscented diaper wipes.

- Clean, dry towel.
- A bottle or bowl to collect urine (if you wish).
- A hand mirror to see what you are doing.
- A case to carry your catheter - like a plastic sandwich bag (Ziploc® bag) or travel holder for a toothbrush.

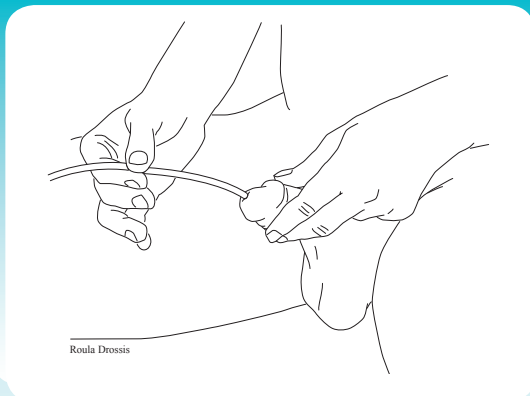
What do I need to do to prepare for a CIC?

- You can usually avoid getting an infection by keeping areas clean.
 - They do not need to be completely germ-free.
 - No disinfectant or gloves are needed.
 - You may use any clean washroom to put in your catheter.
 - It would help to have clean counter space close to you.
- Get out the supplies you will need and put them nearby.
- Wash your hands (keep fingernails short and clean) well with soap and water, rinse and dry.
- Get into a comfortable position. You may catheterize yourself by:
 - standing with one foot on a stool or a toilet bowl **OR**
 - sitting in the front of or on a toilet seat **OR**
 - propping yourself up in bed.
- If you are not circumcised, pull back the foreskin.
 - Wash the head of the penis with soap and water.
 - Rinse with water and pat dry.
 - You can use a wet wipe instead.
- Put a large amount of water-soluble lubricant onto the tip of the catheter (about 8 cm or 3 inches) or use a pre-lubricated catheter.

How do I put in a catheter?

- With your non-writing hand (for example the left hand for right-handed men), get hold of the penis just behind the head.
- Pull it gently and a little upward to straighten the urethra (tube running through the penis). (See diagram: *View of left hand holding penis with right hand inserting a catheter*)
- Use your writing hand to slowly push the catheter into the urethra (7 to 9 inches (17.5 to 22.5 cm) or until urine begins flowing.
- Your sphincter and prostate may feel as if they are stopping you from putting the catheter in. (See diagram: *Side view of male bladder, prostate, and urethra*)
- It is important to breathe slowly and relax your muscles to do this.

View of left hand holding penis with right hand inserting a catheter



- Carefully push the catheter in another 3 cm (about one inch) to make sure that the tip is well inside the bladder.

What do I do once urine starts to flow?

- Empty your urine into a bottle, bowl, or right into the toilet.
- It may help to gently “push down” on your muscles to empty your bladder.
- Notice how much urine you collect.
- When the urine stops flowing, gently and slowly take out the catheter.
- Extra urine may flow out as other “pockets” are emptied.
- You may want to wipe the penis with toilet paper and return the foreskin.

How often will I need to do CIC?

- How often you need to urinate depends on:
 - The amount and type of liquids you drink.
 - The amount your bladder can actually hold.
- You may make fewer nighttime trips to the bathroom, if you drink less in the evening.
- Often, you will need to do a CIC whenever you feel that your bladder is full.
- Your doctor will let you know how often you need to do a CIC.

How will I know when to do CIC?

- Usually, if you use a catheter to empty your bladder, you will do a CIC:
 - About four or five times daily
 - About every four to six hours
 - When the bladder has 400 to 500 ml (13-17 oz.) of urine

Continued on next page

- Less often if your urine measures less than 200 ml (7 oz.) each time.
- More often if your urine is more than 600 ml (20 oz.) at one time.
- If you are not sure whether or not your bladder is full, do a CIC.
- Soon you will be able to tell when your bladder is full.
- In time, you will have a regular schedule to help with a CIC.
- A chart with the times that you urinate and the amounts you collect will help your doctor to fine-tune your schedule. (See diagram: *Sample record*.)

How does CIC affect my life?

- You may carry on with your regular activities.
- You may also have sex but you may want to empty your bladder first.
- You should have regular bowel movements.
- You will be able to take all of your usual medication.

What problems might I have with CIC?

- If you have any of the following problems, get medical help.
- If you feel pain or have trouble putting in your catheter,
 - You may need more lubricant.
 - Sometimes, scar tissue inside the urethra may resist your catheter.
- Blood on your catheter or in your urine may mean that you have injured your urethra or bladder.

Sample record

Time	Volume Voided	Volume by catheter
7:30 AM	225 mL	350 mL
12:00 PM		475 mL
4:30 PM	125 mL	375 mL

- The injury could be serious if you bleed:
 - Non-stop
 - Often
 - Very heavily
- If you have an infection:
 - Urinating may be painful.
 - You may have a fever (over 38.5°C or 101°F).
 - You have chills.
 - You sweat more than usual.
- After many tries, if you still cannot put your catheter in, you should go at once to your hospital emergency room.

Bottom Line

- CIC is a safe and helpful way to empty your bladder when needed.
- With a few weeks of practice, you should be able to put in your catheter more easily.
- Most men find that having a catheter has little effect on their daily life.
- Your daily life may actually be better with CIC.

This publication is produced by

Canadian Urological Association
The Voice of Urology in Canada



Association des Urologues du Canada
La voix de l'urologie au Canada

The information in the publication is not intended to convey medical advice or to substitute for direct consultation with a qualified medical practitioner. The Canadian Urological Association disclaims all liability and legal responsibility howsoever caused, including negligence, for the information contained in or referenced by this brochure.

© 2023. Canadian Urological Association. All rights reserved.

cua.org