AEROFLOW UROLOGY
REDEFINING CONTINENCE CARE

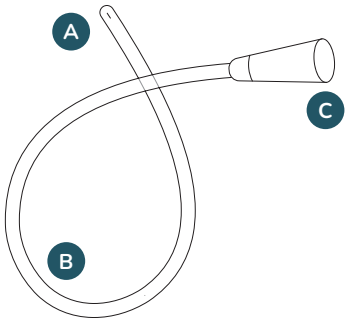
Pediatric Intermittent Catheterization

GUIDE FOR PARENTS

Intermittent Catheters

Intermittent catheters are single-use urinary catheters that allow your child to empty their bladder throughout the day as prescribed by their doctor.

By using intermittent catheters, your child maintains a urination schedule while helping to control their urinary continence and prevent harmful bacteria growth. Catheter lengths vary, but most pediatric catheters are around 10 inches long. After each use, each catheter is disposed of to reduce the risk of urinary tract infections (UTIs).



There are many different urinary catheters, each with various features and styles, but the basic design of most catheters is the same. We've outlined each part below, along with descriptions to help explain them to your child.

A **Tip** – The tip of the catheter has tiny holes and is the part that goes into your urethra and into your bladder.

B **Tube** – The tube is like a straw that allows the urine to travel down from your bladder like a waterslide and into the toilet or a bag.

C **Drainage Opening** – The opening at the end allows urine or pee to flow out and into the toilet, some catheters have a bag at the end where pee/urine is collected.

How To Order Supplies



If your doctor submitted an order for your child, one of our Continence Care Specialists will reach out to you to ensure that you are satisfied with your catheter samples. If you have any questions or would like to start receiving supplies from Aeroflow, please give us a call at 844-276-5588, and we'll be happy to assist you.



We'll verify your insurance coverage and take care of all the necessary paperwork, including contacting your doctor.



That's it! Your supplies will ship free, straight to your door. When it's time to reorder, we'll send you email and/or text reminders, so you don't have to worry about running out of supplies, and with our easy to use online portal, reordering your supplies takes only a few minutes.

For More Information

aeroflowurology.com • 828-276-5588
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Catheterization

STEP 1:

Gather Your Child's Supplies. The first step is to ensure that you have all of the supplies you will need. Depending on what type of catheter your child uses, this could include the catheter you intend to use, moist towelettes or soap and water, a dry towel, a water-soluble lubricant, and a toilet or other drainage receptacle.

STEP 2:

Wash Your Hands. It is very important to make sure your hands are clean by washing them with soap and water, or a moist towelette, before beginning.

STEP 3:

Stop and Look at the Catheter. Before you use the catheter, make sure that the packaging hasn't been previously opened or damaged.

STEP 4:

Catheterization.

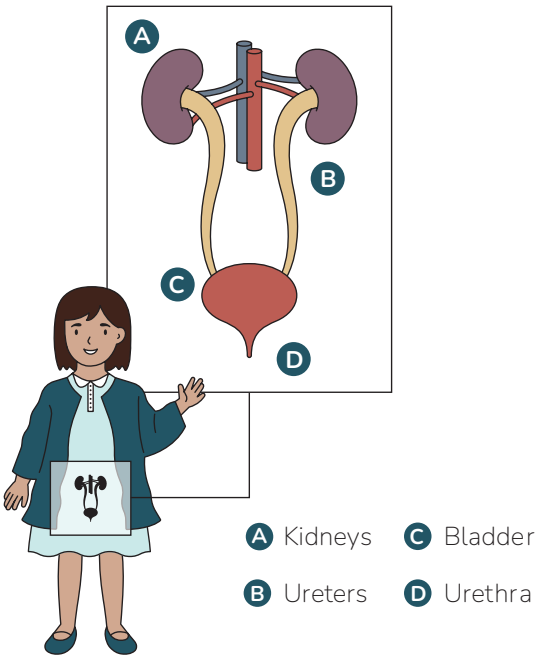
- **Male:** Have the child lie down on his back with his legs extended. clean the head of the penis with a moist towelette to remove any bacteria that may be present. If you have an uncoated catheter, apply a water-soluble lubricant from the catheter's tip to about 6 inches down the tube. Make sure that the catheter tip does not touch anything before you begin inserting it, including your clothes, sink, or fingers. If it does, discard it and open a new catheter. Hold the penis up and slowly insert the catheter into the urethra until urine begins to flow freely.
- **Female:** Have the child lie down on her back with legs apart and knees bent like butterfly wings. Wipe the labia (the lips or folds at the opening of the vagina) with a moist towelette. If you have an uncoated catheter, apply a water-soluble lubricant from the catheter's tip to about 2-4 inches down the tube. With two fingers separate the labia and gently Insert the catheter until the urine begins to flow freely.

STEP 5:

Make Sure Your Child's Bladder is Empty. When urine stops flowing, slowly begin to pull the catheter out stopping each time urine begins to flow again. Pausing helps ensure the bladder drains completely.

STEP 6:

Clean Up. Once you have finished, dispose of the used catheter and supplies in a proper waste bin and thoroughly wash your hands with soap and water or a moist towelette.



Contact your doctor immediately if your child experiences:

- Cloudy or bloody urine
- Urine leakage around the catheter
- Pressure, pain, or discomfort while inserting the catheter or in the lower back or stomach
- Fever or chills
- Nausea or vomiting
- Burning in the urinary tract