

# Straight Cathing for Bladder Emptying





I am at the hospital today.



Today I am going to have a straight cath.

A straight cath is a bendy tube that will help remove urine, or my pee, from my bladder.



Before I get my cath I will need to take off my pants and underwear.

I can keep my hospital gown on.



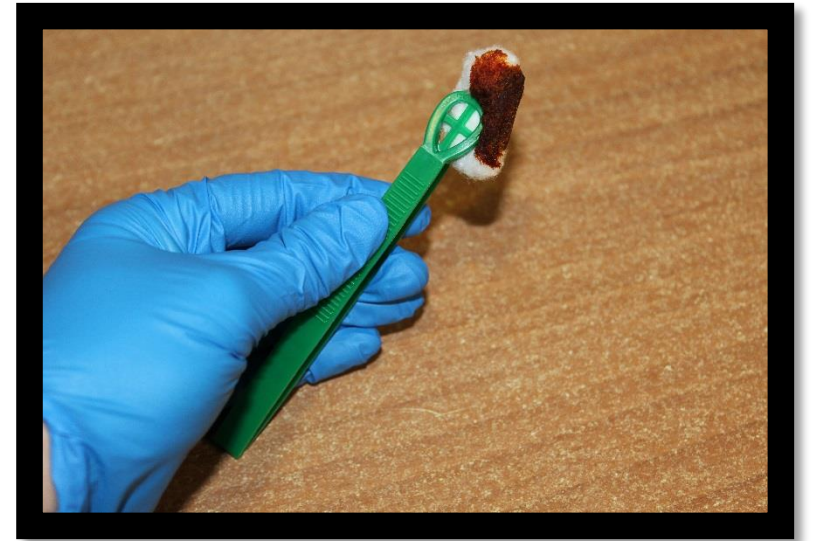


I will then lay on my bed.



My nurse **may** ask me to sit like a frog or a butterfly.

This means I will place the bottoms of my feet together like this.



Next the nurse will clean the area where my pee comes out 3 times with brown soap.

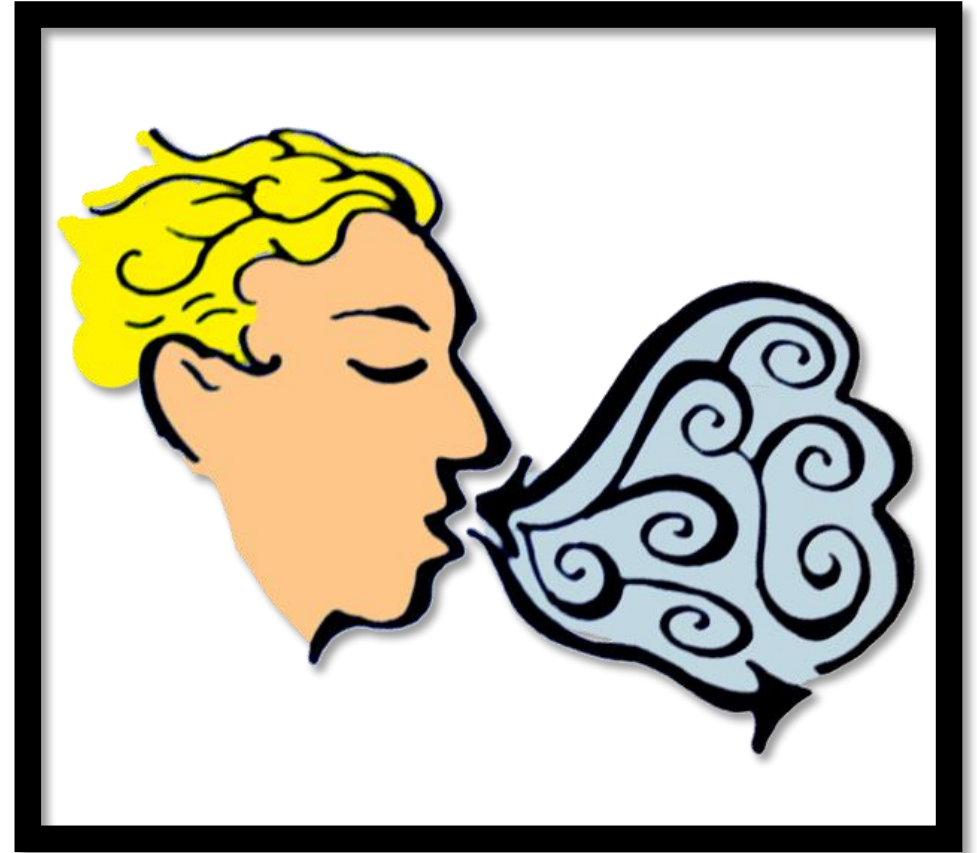
The soap may be on a soft cotton q-tip or cotton balls.

This may feel wet on my skin. This helps get rid of any germs that may be on my skin.



The nurse will then place the bendy tube into the opening where my pee comes out.

My job is to stay very still.



This may feel uncomfortable to me at first.

I can take deep breaths to stay calm and relaxed.



After the bendy tube is in the right place pee will drain out of my bladder into a bottle called a urinal like this .



Once my bladder is empty the nurse will remove the bendy tube.

The nurse will empty the urinal into the toilet .



All done



After the bendy tube is removed I will be all done.



I am going to do great!



This social story has been developed as a resource for families, clinical practitioners and trainees at The Children's Hospital of Alabama by the Sensory Task Force. Effort has been made to ensure the accuracy of this story, but it is the user's responsibility to evaluate the appropriateness of this information for each clinical situation (1st ed. 2018)