

Section 5.5.u conduct urinary catheterization.

S = Satisfactory | U = Unsatisfactory

	S	U	<u>Comments</u>
1. Gather equipment Sterile gloves - consider Universal Precautions Sterile drapes Cleansing solution e.g. Savlon Cotton swabs Forceps Sterile water (usually 10 cc) Foley catheter (usually 16-18 French) Syringe (usually 10 cc) Lubricant (water based jelly or xylocaine jelly) Collection bag and tubing			
2. Explain procedure to patient			
3. Assist patient into supine position with legs spread and feet together			
4. Open catheterization kit and catheter			
5. Prepare sterile field, apply sterile gloves			
6. Check balloon for patency			
7. Generously coat the distal portion (2-5 cm) of the catheter with lubricant			
8. Apply sterile drape			
9. If female, separate labia using non-dominant hand. If male, hold the penis with the non-dominant hand. Maintain hand position until preparing to inflate balloon.			
10. Using dominant hand to handle forceps, cleanse peri-urethral mucosa with cleansing solution. Cleanse			

anterior to posterior, inner to outer, one swipe per swab, discard swab away from sterile field.				
11. Pick up catheter with gloved (and still sterile) dominant hand. Hold end of catheter loosely coiled in palm of dominant hand.				
12. In the male, lift the penis to a position perpendicular to patient's body and apply light upward traction (with non-dominant hand)				
13. Identify the urinary meatus and gently insert until 1 to 2 inches beyond where urine is noted				
14. Inflate balloon, using correct amount of sterile liquid (usually 10 cc but check actual balloon size)				
15. Gently pull catheter until inflation balloon is snug against bladder neck				
16. Connect catheter to drainage system				
17. Secure catheter to abdomen or thigh, without tension on tubing				
18. Place drainage bag below level of bladder				
19. Evaluate catheter function and amount, color, odor, and quality of urine				

20. Remove gloves, dispose of equipment appropriately, wash hands			
21. Document size of catheter inserted, amount of water in balloon, patient's response to procedure, and assessment of urine			

Trainee: _____ Signature: _____

Evaluator: _____ Signature: _____

Date: ____ / ____ / _____