



Urethral Catheter Insertion and Removal Skills

Tools: Sterile gloves, mittens, sterile lubricating gel, antiseptic solution, urethral catheter (appropriate number), sterile tampon, sterile perforated drape, treatment tarp, urine bag, syringe, 0.9% NaCl solution or distilled water, sharps waste box, Female Urethral Catheterization Model

STEPS

URETHRAL CATHETER INSERTION

1. Wash hands. Inform the patient about the procedure. Position the patient appropriately.
2. Put on gloves (non-sterile gloves)
3. Wipe the perineum with an antiseptic tampon from front to back in a single motion (female patient). Remove gloves.
4. Draw an appropriate amount of 0.9% NaCl or distilled water into the syringe (usually the volume printed on the catheter packaging, usually 10cc for adults).
5. Cover the perineum with the sterile perforated drape (female patient).
6. Open the outer packing of the catheter and place it on the sterile drape, protecting the sterile packing.
7. Put on sterile gloves.
8. Apply the lubricant through the meatus. Apply some gel to the catheter wall as well.
9. Open the sterile packaging of the urethral catheter. Make sure that the catheter does not touch the surroundings.
10. With the 1st and 2nd fingers of the passive hand, spread the labia to both sides and advance the catheter through the meatus (female patient).
11. Make sure that the patient is comfortable while advancing the catheter, for this purpose you can ask her to breathe deeply (to relax the external sphincter).
12. Observe the flow of urine. Nevertheless, advance the catheter a little further, even to the end (to avoid inflating the balloon in the urethra).
13. Attach the urine bag to the tip of the catheter.
14. Attach the syringe to the balloon-connected end of the catheter and inflate it with the appropriate amount of fluid. Check that the catheter is in place by pulling it slightly.
15. Hang the urine bag on the edge of the bed below the bladder level.
16. Collect the used material. Waste materials

URETHRAL CATHETER REMOVAL

17. Insert the syringe into the end of the catheter connected to the balloon and withdraw all the fluid in the balloon (usually 10cc). Make sure that all the fluid is drained (to avoid damaging the urethra).
18. Pull the catheter out of the meatus in a controlled manner.
19. Collect the used material. Dispose of waste materials in the appropriate waste bag. Remove gloves. Wash hands.