

Description

Is a procedure done by inserting the urinary catheter into a patient's bladder via the urethra. The catheter may be a permanent one (indwelling catheter), or an intermittent catheter removed after each catheterization. It allows the patient's urine to drain freely from the bladder for collection.

Purpose

- to allow the patient's urine to drain freely from the bladder for collection
- it may be used to inject liquids used for treatment
- for diagnosis of bladder conditions

Steps

1. Gather equipment
2. Explain procedure to the 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. Gently pull catheter until inflation balloon is snug against bladder neck
15. Connect catheter to drainage system
16. Secure catheter to abdomen or thigh, without tension on tubing
17. Place drainage bag below level of bladder
18. Evaluate catheter function and amount, color, odor, and quality of urine
19. Remove gloves, dispose of equipment appropriately, wash hands
20. Document size of catheter inserted, amount of water in balloon, patient's response to procedure, and assessment of urine

Test your knowledge

Why is a urinary catheter needed?

Why is it important to observe “sterility” when inserting a urinary catheter?

How will one know that the catheter has entered the patient’s bladder?
