

INTERMITTENT URINARY CATHETER

In and out urinary catheter procedure: (Male)

- universal precautions
- assemble equipment
- explain procedure to patient and/or parent
- cleanse urethral meatus with antiseptic solution
- *for uncircumcised boys retract the foreskin only enough to visualize the urethral opening. Replace foreskin afterwards to prevent paraphimosis; if foreskin is tight, aim for the center of the glans
- lubricate catheter and gently insert into the urethra with the penis positioned perpendicular to the body
- hold the penis in this position with your non dominant hand and enter the catheter with your dominant hand
- if resistance is felt gently wait and attempt again with gentle pressure
- once urine starts to flow, continue to advance the catheter 1cm
- once specimen has been collected remove catheter from urethra
- clean meatus with water

In and out urinary catheter procedure: (Female)

- universal precautions
- assemble equipment
- explain procedure to patient and/or parent
- cleanse vulva with antiseptic solution
- lubricate catheter and use your non dominant hand to spread the labia
- *if difficult to visualize apply gentle lateral traction to the labia with simultaneous downward traction
- gently insert the catheter into the urethra (below the clitoris and above the vagina)
- if resistance is felt gently wait and attempt again with gentle pressure
- once urine starts to flow, continue to advance the catheter 1cm
- once specimen has been collected remove catheter from urethra
- clean vulva with water

References: UpToDate (2012), Emergency Nursing Pediatric Course (2012)