

STANDARD OPERATING PROCEDURES

Urinary Catheterization

Definition

Is a process whereby a latex, polyurethane, or silicon tube known as a urinary catheter is inserted into a patient's bladder via the urethra.

Indication

Diagnostic indications include the following

- ✓ Collection of uncontaminated urine specimen
- ✓ Monitoring of urine output
- ✓ Imaging of the urinary tract

Therapeutic indications include the following

- ✓ Acute urinary retention (e.g. benign prostatic hypertrophy, blood clots)
- ✓ Chronic obstruction that causes hydronephrosis
- ✓ Initiation of continuous bladder irrigation
- ✓ Intermittent decompression for neurogenic bladder
- ✓ Hygienic care of bedridden patients

Equipment

- ✓ Urine bag holder
- ✓ Catheterization pack and drapes
- ✓ Sterile gloves
- ✓ Appropriate size catheter
- ✓ Xylocaine jelly
- ✓ Sterile water for balloon
- ✓ 5-10 ML syringes
- ✓ Specimen jar or urinary bag
- ✓ Tape to secure catheter to leg
- ✓ Drainage bag

Procedure

- Place patient in supine position
- If soiling evident, clean genital area with soap and water first
- Perform hand hygiene
- Open catheter pack

- Add equipment needed using aseptic technique
- Pour antiseptic onto tray
- Perform aseptic hand wash and don sterile gloves
- Apply the drapes
- Lift the penis and retract the foreskin if non circumcised. Do not force the foreskin back, especially in infants
- For older boys insert the Xylocaine gel into the urethra. Hold the distal urethra closed and wait 2-3 minutes to give the gel time to work
For infants apply sterile lubricant to catheter before insertion. Post urology surgery consider using two syringes
- Hold the penis with slight upward tension and perpendicular to the patient's body. Insert the catheter
- Advance the catheter and gently insert it into the urethra until urine flows
- Inflate the balloon slowly(do not use balloon catheter in neonates) using sterile water to the volume recommended on the catheter. Check that the patient feels no pain. If there's pain, it could indicate that the catheter is not in the bladder
Deflate the balloon and insert further into the bladder ALWAYS ensure urine is flowing before inflating the balloon
- Withdraw the catheter slightly till resistance is felt and attach to drainage system
- Attach catheter to the urine bag
- Secure the catheter to the thigh with tape
- Reposition the foreskin if applicable
- Remove gloves and dispose of used articles into yellow biohazard bag
- Perform hand hygiene

SIGNATORIES

Name of staff(MO/NO/CO/COI/MIDWIFE/ ETC)

Name:

sign.....

Date:

Department in charge

Name:.....

sign.....

Date:

Nursing Officer in charge

Name:.....

sign.....

Date:

Hospital Administrator