

Sullivan County Department of Public Health

<u>Title:</u> GU- Straight Catheter Insertion	Original Approval: 12/17
<u>Number:</u> CP-17	Reviewed/ revised: 5/24
<u>Page Number:</u> 1 of 3	

Statement/ Purpose:

To provide guidance on straight catheter insertion for females and males.

Authority:

Application:

CHHA RNs

Terminology:

Responsible Party:

Training and Quality Improvement Coordinator

Cross-Reference:

Hand Hygiene

Procedure:

Straight Catheter Insertion- Females

1. Confirm the provider's order.
2. Explain the purpose and procedure to the patient. The purpose is to promote a controlled and patent urinary flow.
3. Prepare patient's room with light source and supplies
4. Place the patient in a supine position with knees flexed and spread wide.
5. Drape patient to respect privacy and expose genitalia only.
6. Perform hand hygiene
7. Don non-sterile, disposable gloves and wash the perineum with soap and water. Rinse with clean water and dry well.
8. Place moisture-resistant pad under patient's buttocks.
9. Remove gloves and perform hand hygiene.
10. Prepare a sterile field. Maintain sterility while opening all packaging.
11. Don sterile gloves.
12. Apply water-soluble lubricating jelly on approximately three inches of the catheter tip and place in the sterile field.
13. Insert syringe into balloon-channel, inflate balloon, assess for defects and deflate the balloon.
14. Separate labia with nondominant hand, considering this hand no longer sterile.
15. With sterile hand, clean urinary meatus from top to bottom
 - a. Use one cleansing swab to wipe one side. Discard

Sullivan County Department of Public Health

- b. Use next cleansing swab to wipe the opposite side. Discard.
 - c. Use third cleansing swab to wipe the center. Discard
16. Pick up lubricated catheter with sterile hand.
17. Insert catheter into urinary meatus with a deliberate but gentle motion.
18. When urine flows, use the nondominant hand to hold the catheter in place.
19. Install sterile saline into the balloon. Refer to manufacturer's guidelines to identify the amount of saline required.
20. Connect catheter to tubing bag.
21. Gently pull back on catheter until resistance is felt.
22. Secure catheter to patient utilizing securement device.
23. Dispose of supplies in appropriate garbage receptacle.
24. Remove gloves and perform hand hygiene
25. Instruct patient/ caregiver with catheter care guidelines.
26. Document procedure in patient's Electronic Medical Record including: color, amount of urine, and patient's reaction to the procedure.

Straight Catheter Insertion- Males

1. Confirm physician's order
2. Explain the purpose and procedure to the patient. The purpose is to promote a controlled and patent urinary flow.
3. Prepare patient's room with light source and supplies.
4. Place the patient in a supine position with knees flexed and spread wide.
5. Drape patient to respect privacy and expose genitalia only.
6. Perform hand hygiene.
7. Don non-sterile, disposable gloves and wash the perineum with soap and water. Rinse with clean water and dry well.
8. Place moisture-resistant pad under patient's buttocks.
9. Remove gloves and perform hand hygiene.
10. Prepare a sterile field. Maintain sterility while opening all packaging.
11. Don sterile gloves.
12. Apply water-soluble lubricating jelly on approximately seven inches of the catheter tip and place in the sterile field.
13. Insert syringe into balloon-channel, inflate balloon, assess for defects and deflate the balloon.
14. Grasp the shaft of the penis and hold it upright.
15. If patient is uncircumcised, retract foreskin.
16. Clean around clean urinary meatus from top to bottom
 - a. Use one cleansing swab to wipe one side. Discard
 - b. Use next cleansing swab to wipe the opposite side. Discard.
 - c. Use third cleansing swab to wipe the center. Discard
17. Hold the penis at a 45-degree angle.
18. Insert catheter approximately six inches, or until resistance is felt.
19. Now hold penis perpendicular to the body.
20. Continue to insert the catheter up to the Y.
 - a. If resistance is felt, wait up to five minutes for meatus spasm to clear.
21. When urine flows, use the nondominant hand to hold the catheter in place.
22. Install sterile saline into the balloon. Refer to manufacturer's guidelines to identify the amount of saline required.
23. Connect catheter to tubing bag.

Sullivan County Department of Public Health

24. Gently pull back on catheter until resistance is felt.
25. Secure catheter to patient utilizing securement device.
26. Dispose of supplies in appropriate garbage receptacle.
27. Remove gloves and perform hand hygiene
28. Instruct patient/ caregiver with catheter care guidelines.
29. Document procedure in patient's Electronic Medical Record including: color, amount of urine, and patient's reaction to the procedure.