

INTERMITTENT SELF-CATHETERIZATION

PURPOSE

To enable the client who no longer has voluntary bladder control to independently maintain urinary continence.

To empty bladder at regular intervals without the risk of an indwelling catheter.

To instruct the client or caregiver in the procedure of self-catheterization.

APPLIES TO

- Registered Nurses
- Licensed Practical/Vocational Nurses
- Therapists
- Other (Identify): _____

EQUIPMENT/SUPPLIES

- Clean catheter (check for correct size).
- Antiseptic swabs or solution, cotton balls and forceps.
- One pair of disposable gloves.
- Lubricant.
- Basin.
- Waterproof, absorbent pad.
- Paper towels.

PROCEDURE

Instruct the client and caregiver in the following:

1. The hand washing process and importance of infection control.
2. The equipment and supplies necessary for the procedure and the correct method for handling. *Procedure may be done using clean technique.*
3. Preparation and cleaning of urethral meatus for catheter insertion.
4. Proper positioning of client to facilitate catheterization. Positions may include: sitting or lying in bed with legs bent and knees apart, or sitting on the toilet.
5. Catheter insertion process:
 - a. Male client:
 - Retract foreskin as applicable and cleanse around meatal opening.
 - Lubricate catheter tip.
 - Hold penis at right angle to the body.
 - Bear down as if voiding and take slow deep breaths.
 - Insert catheter until urine flows.
 - When urine stops draining - remove catheter.
 - b. Female client:
 - Separate vulva folds and wash perineal area front to back.
 - Dry the area and lubricate catheter tip.
 - Spread lips of vulva with one hand while inserting catheter into urethral meatus.
 - Insert catheter until urine begins to flow.
 - When urine stops flowing, remove catheter.
 - Rinse catheter in cold water and wash in warm soapy water.
6. Signs and symptoms of urinary tract infection (fever; cloudy, foul-smelling urine; pain).

7. Care of the equipment and supplies:
 - a. Wash reusable equipment in warm, soapy water.
 - b. Place on clean paper towel and allow to air dry thoroughly.
8. Have the client verbalize and return demonstrate each step of the self-catheterization procedure.

DOCUMENTATION GUIDELINES

1. Document in the clinical record:
 - a. Teaching done and return demonstration.
 - b. Tolerance of the procedure adherence to frequency routine for catheterization.
 - c. Quality and quantity of urine.
 - d. Additional learning needs.

RELATED PROCEDURES

Urinary Catheter Insertion