

# HOW TO INSERT AN INDWELLING CATHETER



## Indwelling catheter insertion kit



Sterile gloves



Sterile water syringe



Sterile underpad



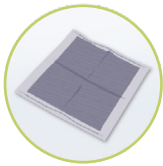
Antiseptic swabs



Lubricant



Drape



Absorbent pad



Securement device



Urine collection bag



Indwelling catheter

## Pre-Procedure

1. Make sure there is an order for this procedure.
2. Ensure that the client is suitable and consents to an indwelling catheter.
3. Check if the client has a latex allergy.
4. Ensure all materials are present.
5. Provide privacy.
6. Explain the procedure to the client.
7. Perform hand hygiene.
8. Put on non-sterile gloves.
9. Assist the client to the proper position (females: lithotomy, males: supine).
10. Place the absorbent pad in between client's legs.

## Procedure

1. Open the catheter kit maintaining sterility.
2. Place the sterile underpad underneath the client.
3. Place the sterile drape over the perineal area.
4. Remove unsterile gloves and put on sterile gloves.
5. Remove the antiseptic swabs from their packaging.
6. Attach the sterile water syringe to the balloon inflation port.
7. Open the lubricant packet and squeeze lube onto the packing tray.
8. Remove the catheter cover.
9. With the sterile dominant hand, dip the catheter tip into the lubricant.
10. Using the nondominant hand, separate the labia minora or hold the penis at a 60–90-degree angle and retract the foreskin (if applicable).
11. With the dominant hand, use the antiseptic swabs to clean the labia (left side, right side, center). Use a new swab for each swipe. For the penis, use an antiseptic swab to clean the glans in a circular motion from the inside outward. Repeat with a new swab for a total of three times.
12. With the dominant hand, slowly insert the catheter into the urethra. Tell the client to breathe normally and that some pressure is expected. Do not force a catheter if resistance is felt (esp. with male client).
13. Continue to hold the labia apart or hold the penis in place as the dominant hand advances the catheter inward. Slowly advance until urine is seen in the catheter tubing.
14. Use the sterile water syringe to inflate the balloon.
15. Release your non-dominant hand and adjust the catheter as needed.
16. Secure the catheter to the client's thigh using the securement device.
17. Secure the urine collection bag lower than the client's position.

## NOTES

