



Policy Name <b>CATHETERIZATION – INDWELLING OR STRAIGHT</b>	Policy Number: <b>0208</b>
	Effective Date: May 9, 1996
Approved By: Management Committee	Date Revised: December 2, 2009
Classification: Pain and Symptom Management	Page No: Page 1 of 3

## **POLICY**

The Registered Nurse will follow aseptic technique and nursing standards in insertion and removal of an indwelling or intermittent catheter.

## **PROCEDURE**

1. A foley catheter should be considered when:
  - a resident has not voided within a 24 hour period;
  - a resident is incontinent and has considerable pain with movement;
  - a resident is bedridden and unable to use urinal or bedpan;
  - a distended bladder is felt above the symphysis pubis and resident is unable to void;
  - a resident request.
2. A physician's order is required for insertion or removal of a urinary catheter. Although the order is included in the Standing Admitting Orders, the RN must ensure, prior to starting the procedure, that the standing orders have been signed by the physician.
3. A physician's order is required for the insertion of 2% xylocaine jelly if it is to be used during the insertion of the catheter.
4. Foley catheters are to be changed only if blocked, damaged, or irritating to the resident. They may be left in place up to 30 days unless otherwise ordered by the physician.
5. A straight catheter is to be used for intermittent (in and out) catheterization.
6. Informed consent must be given by the resident and/or family/health advocate before catheterization is done. This should be documented on flow sheet and/or progress notes in the resident's health record.

## **Insertion of Catheter**

### **Equipment**

Catheter insertion tray  
Foley catheter (12/14/16 Fr) (Straight catheter if intermittent catheterization)  
Xylocaine 2% jelly **if ordered**  
Urine collection bag and drainage tubing  
Light source if needed  
Garbage bag



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### Procedure

1. Check physician's order.
2. Obtain verbal consent from resident / health advocate.
3. Wash hands.
4. Open catheterization tray and sterile packages maintaining sterile technique.
5. Prepare the resident.
6. Don sterile gloves.
7. Test catheter balloon by inflating with sterile water and deflating. Use the exact amount of solution indicated on the catheter. **Maximum balloon inflation is 10 mls (millimeters) of sterile water.**
8. Maintaining sterile technique, lubricate catheter tip with lubrication gel and xylocaine gel **if ordered.**
9. Cleanse area using aseptic technique.
10. Insert the catheter until urine returns, then advance the catheter five (5) centimeters. Inflate the balloon with indicated amount of sterile water and gently withdraw the catheter until resistance is felt.
11. Connect indwelling catheter to closed drainage system. Keep drainage bag below level of bladder.
12. Discard disposable equipment in plastic garbage bag.
13. Wash hands.
14. Document in the progress notes on resident's health record:
  - date and time of insertion;
  - type, size of catheter;
  - volume of sterile water used to inflate balloon;
  - amount and characteristics of urine obtained;
  - resident's response to the procedure;
  - resident and/or family/health advocate teaching provided.

### Removal of Catheter

#### Equipment

Gloves, non-sterile  
5-10 ml syringe

#### Procedure

1. Check physician's order
2. Obtain verbal consent from resident / health advocate.
3. Wash hands.
4. Put on non-sterile gloves.
5. Insert hub of syringe tip into inflate valve and slowly aspirate entire amount of fluid used to inflate balloon.
6. If catheter balloon will not deflate, perform the following:



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- attempt to reseat the syringe in the inflate valve;
  - if still unable to deflate, sever the inflate valve arm by cutting it;
  - if still unsuccessful, secure the catheter and contact the physician.
5. Pull out catheter smoothly and slowly. Stop if resistance is met.
  6. Discard disposable equipment in plastic garbage bag.
  7. Wash hands.
  8. Document on resident's health record.
    - date and time of removal;
    - resident's response to the procedure.

### **REFERENCES**

Alberta Health Services, Calgary Zone – Urinary Catheter – Bladder Indwelling or Straight (Adult Patient) – Policy # U-1.