

Procedure for Female Catheterization

Trainee Name: _____

Procedure	Rationale	Date	Evaluator Initials	Date	Evaluator Initials	Date	Evaluator Initials
1. Check orders.	Orders are current and up to date.						
2. Wash hands.							
3. Prepare supplies a. Lubricant b. Catheter c. Wet wipes d. Urine collector e. Gloves f. Mirror, if student uses to participate	Encourage participation by allowing the student to be involved as much as possible.						
4. Explain procedure at student's level of understanding.	Will help student to achieve self-care skills. Encourage participation, with supervision.						
5. Position student.	May be done lying down, sitting in wheelchair, or on toilet.						
6. Put on gloves.							
7. Lubricate tip of catheter and place on clean surface.							
1. Separate the labia and hold open with fingers. Wash each side in downward direction, then once down the middle.	Helps to visualize area move bacteria away from the area of catheter insertion.						
8. Locate urethral opening, gently insert catheter until urine flows.	Do not force. Report any unusual resistance.						

9. Encourage child to relax.	Deep breathing will help relax the bladder. Ask the student to bear down to help empty bladder. If sitting, have student lean forward to also help.						
10. When flow stops, insert catheter slightly further to be sure all urine has drained.	Rotate catheter so that all catheter openings have reached the bladder.						
11. Pinch catheter as you withdrawal.	Prevent backflow of urine into the bladder.						
12. Assess urine output.	Assess for changes in color, odor and amount. Note unusual wetting between cath times.						
13. Remove gloves and wash hands.							
14. Document.							

Trainer's signature _____ Date _____

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Porter, S.M., Branowicki, P.A., & Palfrey, J.S. (2014). *Supporting students with special health care needs: guidelines and procedures for schools*. Baltimore: Paul H. Brookes Publishing Co., Inc.