

Tips & Tricks:

Male catheterization:

1. Equipment: dressing + betadine for sterilization
K-Y gel (sterile) inside a 10cc syringe, catheter, urine bag
2. Sterilization of external meatus
3. Put some K-Y gel over the meatus externally and then inject the 10cc KY gel inside the meatus and milk them down to the post urethra.
4. Do not forget to inspect the meatus for **hypospadias**.
5. Insert the catheter gently till the BIFURCATION (bec male urethra is long about 22 cm)
6. If any resistance felt during insertion get out and restart.
7. Never fix the catheter (i.e. inflate the balloon) unless you can find urine coming out, if no urine comes out then do the following:
 - a. The gel may be obstructing the catheter opening so fill a 10 ml syringe with 10cc air and inject them, if no urine
 - b. Suprapubic compression, still no urine,
 - c. Fill a Tommy syringe with 20cc normal saline and inject them then reaspirate, if this was done easily without any resistance then the catheter is in place.
8. Fix the catheter by inflating the balloon with only **15 cc normal saline** and avoid any osmolar solution as glucose 5%.
9. Evacuate the urine bag frequently to avoid urgency and pain.

Female catheterization:

1. Sterilization by betadine inside introitus
2. Female urethra is dimple like.
3. Move from the start of the female genital opening by the catheter till you feel a dimple underneath then insert the catheter.
4. No need to insert the catheter till the bifurcation (female urethra is only 4cm)
5. Inflate the balloon by only **10cc normal saline**.