

Clinical Learning Guide Female catheterization

• STEP/TASK	AP	IP	NP
<ul style="list-style-type: none"> • Before starting: 			
<ul style="list-style-type: none"> • Introduce yourself to the patient. • Explain the procedure and ask for her consent to carry it out. • Ask her to undress from the waist down and place a sheet over her. 			
<ul style="list-style-type: none"> • The equipment: 			
<ul style="list-style-type: none"> • <i>On a clean trolley, gather:</i> • A catheterisation pack. • Saline solution. • Sterile gloves. • A10 ml pre-filled syringe containing 2% lignocaine gel. • A 12-16 french Foley catheter. • A catheter bag. • A 10 ml syringe containing sterile water. • Adhesive tape. 			
<ul style="list-style-type: none"> • The Procedure 			
<ul style="list-style-type: none"> • Check the expiry date of the catheter. • Open the catheter pack aseptically • draw up 10 ml sterile water and 10 ml lignocaine gel into separate syringes. • Wash and dry your hands. • Put on sterile gloves • Ask the patient to remove her sheet and lie flat on the couch, bringing her heels to her buttocks and then letting her knees flop out. • Drape the patient. • Use your non-dominant hand to separate the labia minora. • Clean the area around the urethral meatus with saline soaked swabs. • Coat the end of the catheter with lignocaine gel and instill 5 ml of lignocaine into the urethra. • Indicate that the anaesthetic needs about 5 minutes to work. • Holding the catheter by its sleeve, gently and progressively insert it into the urethra. • Once a stream of urine is obtained, inject 10 ml of sterile water to inflate the catheter's balloon, continually ensuring that this does not cause the patient any pain. • Gently retard the catheter until a resistance is felt. • Attach the catheter bag • Tape the catheter to the thigh. 			
<ul style="list-style-type: none"> • After the procedure 			
<ul style="list-style-type: none"> • Ensure that the patient is comfortable. • Thank the patient. • Discard any rubbish. • Record the date and time of catheterization, type and size of catheter used, volume of water used to inflate the balloon, and volume of urine in the catheter bag. 			

