

**Clinical Learning Guide**  
**Male catheterization**

STEP/TASK	AP	IP	NP
<b>Before starting:</b>			
<ul style="list-style-type: none"> <li>• Introduce yourself to the patient.</li> <li>• Explain the procedure and ask for his consent to carry it out.</li> <li>• Position him flat on the couch with legs apart and groin exposed.</li> </ul>			
<b>The equipment:</b>			
<p><i>On a clean trolley, gather:</i></p> <ul style="list-style-type: none"> <li>• A catheterization pack.</li> <li>• Saline solution.</li> <li>• Sterile gloves.</li> <li>• A 10 ml pre-filled syringe containing 2% lignocaine gel.</li> <li>• A 12-16 french Foley catheter.</li> <li>• A catheter bag.</li> <li>• A 10 ml syringe containing sterile water.</li> <li>• Adhesive tape.</li> </ul>			
<b>The Procedure</b>			
<ul style="list-style-type: none"> <li>• Check the expiry date of the catheter.</li> <li>• Open the catheter pack aseptically</li> <li>• Draw up 10 ml sterile water and 10 ml lignocaine gel into separate syringes.</li> <li>• Wash and dry your hands.</li> <li>• Put on sterile gloves</li> <li>• Drape the patient.</li> <li>• With your non-dominant hand, hold the penis with a sterile swab.</li> <li>• With your dominant hand, retract the foreskin and dean the area around the urethral meatus with saline-soaked swabs.</li> <li>• Coat the end of the catheter with lignocaine gel and instill 10 ml of lignocaine gel into the urethra. Hold the urethral meatus closed.</li> <li>• Indicate that the anaesthetic needs about 5 minutes to work.</li> <li>• Hold the penis so that it is vertical.</li> <li>• Holding the catheter by its sleeve, gently and progressively insert it into the urethra.</li> <li>• 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.</li> <li>• Gently retract the catheter until a resistance is felt.</li> <li>• Attach the catheter bag.</li> <li>• Reposition the foreskin.</li> <li>• Tape the catheter to the thigh.</li> </ul>			
<b>After the procedure</b>			
<ul style="list-style-type: none"> <li>• Ensure that the patient is comfortable.</li> <li>• Thank the patient.</li> <li>• Discard any rubbish.</li> <li>• 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.</li> </ul>			

