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| Status: Standard Procedure: Specifies the procedures to be followed, only in exceptional circumstances should these not be followed. | Policy No: CLSP 23 Revision No: Date Approved: 01/03/11 Review Date: 01/03/13 |
| Title: Standard Procedure for Intermittent Urinary Catheterisation | |
| Written by: Clinical Practice Project Group | |
| Approved by: | |
| Cross Reference: | |

1.0 Purpose

The purpose of this procedure is to ensure safe practice during the intermittent urinary catheterisation of users of Cheshire services/centres.

2.0 Scope

All Cheshire services where the practice of intermittent urinary catheterisation occurs.

3.0 Responsibility

- It is the responsibility of all staff who engages in this practice to follow this standard procedure.
- It is the responsibility of service managers to ensure staff are familiar with the standard procedure and to monitor compliance.

4.0 Definitions

Intermittent Urinary Catheterisation: This is a clean (as opposed to sterile) technique that involves the episodic introduction of a soft catheter into the bladder to remove urine. After the catheter is removed the bladder is empty and the person is catheter-free for intermittent periods. This process is usually done four to five times a day to prevent urinary retention. The bladder must have the capacity to store urine adequately between catheterisations.

5.0 Procedure

Persons suitable for intermittent self-catheterisation include:

- Those who can comprehend the technique and who are highly motivated.
- Those who have a reasonable degree of manual dexterity and who can position themselves to attain reasonable access to the urethra.
- Those who have a willing partner or carer who is trained to assist the service user.

The guidelines below may be referenced in cases where a staff member is assisting a service user with intermittent catheterisation.

Equipment:

- Bowl of warm water/soap and towel
- Appropriate sized catheter
- Lubricating jelly where indicated (used specifically for service user)
- Jug
- Clean plastic storage container
- Gloves

Procedure for performing intermittent catheterisation on a female service user:

- Engage with the service user, explain the procedure to the service user and gain consent.
- Position the person; this may be on back or side, this can also be done in chair or standing. Engage with the service user to choose a position which best suits them.
- Prepare equipment
- Protect bed and clothes
- Wash and dry hands thoroughly (Ref: ICG 02)
- Apply gloves (Ref: ICG 01)
- Spread the labia and wash the genitalia from front to back using warm soapy water and dry the area.
- If necessary apply lubricant to the catheter.
- Visualise the opening of the urethra and gently insert the catheter into the urethra.
- Position the jug at the open end of the catheter to collect the urine.
- Remove catheter when flow has ceased.
- Rearrange clothes and reposition service user into the position of their choice.

- The catheters used for intermittent catheterisation can either be single use pre-lubricated catheters or PVC reusable catheters.
- Reusable catheters are designed to be washed in warm soapy water and dried after each use and reused for a limited period of one week. The catheter should be stored in a plastic container after each use.
- Dispose of urine appropriately
- Wash and dry the jug
- Remove and dispose of gloves
- Wash and dry hands thoroughly

Troubleshooting:

If changes are observed in the frequency, appearance, or smell of urine, the service user complains of pain when urinating, lower abdominal pain, lower back pain or discomfort are observed; record in Best Possible Health Daily Continuation Sheet/BPH Continence Records and report to lead clinical person/line manager.

6.0 References

Mallett, J. & Dougherty, L. (2000). *The Royal Marsden Hospital Manual of Clinical Nursing Procedures*. Blackwell Publishing, Oxford.

Nicol, M., Bavin, C., Bedford-Turner, S., Cronin, P. & Rawlings-Anderson, K.

Integrated guidelines for Adult Urinary catheterization 2006

NICE *Urinary Incontinence* 2011

Best practice *Catheter Care*, Scotland 2006

7.0 Appendices

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