

**Antelope Valley Union High School District  
Urinary Catheterization Procedures**

<b>Urinary catheterization</b>	
Draining urine from the bladder through a tube placed into the urinary opening or meatus.	
<b>This procedure <i>always</i> requires a physician order and training by the District Nurse</b>	
<b>Why is urinary catheterization necessary?</b>	<b>Supplies</b>
<ul style="list-style-type: none"> <li>• Spinal cord injury or nerve damage</li> <li>• Muscle or structural abnormality in the urinary tract</li> <li>• Disease</li> </ul>	<ul style="list-style-type: none"> <li>• Gloves</li> <li>• Catheters and water soluble lubricant</li> <li>• Container or diaper</li> <li>• Diaper wipes or soap and water</li> </ul>
<b>Procedure</b>	
<ul style="list-style-type: none"> <li>○ Read and follow physician orders. Remove just enough clothing to perform the procedure.</li> <li>○ Wash hands before assembling supplies. Put on gloves.</li> <li>○ Before cleaning student, squeeze lubricant onto tip of catheter to allow for easier insertion.</li> <li>○ <b>Females</b> – Cleanse from top to bottom with diaper wipe. Use betadine, if ordered by the physician). Spread the labia and visualize the meatus. Then insert catheter 3 “ until urine flows into the catheter. When urine does not flow, check the placement of the catheter by pulling back slightly. If the catheter is removed before urine flows, it is contaminated and a new / clean catheter must be used.</li> <li>○ <b>Males</b> – Cleanse around meatus in a circular motion, moving outward. Hold the penis and retract foreskin (if present). Insert catheter 8-10 “ until urine flows into the tube.</li> <li>○ Allow urine to flow into container or diaper. Pinch catheter tube for 1 minute to limit the amount of urine flow. Repeat this step, as needed, until the bladder is empty.</li> <li>○ When urine stops flowing, remove the catheter.</li> <li>○ Remove gloves and help the student dress and return to school activities.</li> <li>○ Put on clean gloves, measure the urine, as required, and then pour it into the toilet or dispose of the diaper or bag to prevent contamination of persons or surfaces.</li> <li>○ Clean reusable equipment, as below.</li> <li>○ Remove gloves and wash hands and forearms thoroughly to promote health and prevent disease. Document procedure and any unusual signs on Student Log form.</li> <li>○ Notify parent and / or District Nurse of any unusual changes.</li> </ul>	
<b>What is abnormal?</b>	
<ul style="list-style-type: none"> <li>• Urine that is bloody, brown or have specks of blood or sand-like pieces in it</li> <li>• Very strong or foul smelling urine</li> <li>• Presence of mucus, or blood</li> <li>• Urine that leaks unexpectedly in students who typically have control</li> <li>• Abnormally frequent urination or complaints of pain before or during urination</li> <li>• Significantly increased amount of urine or significantly decreased amount of urine</li> </ul>	
<b>What are other signs of concern in a nonverbal student?</b>	
<ul style="list-style-type: none"> <li>• Presence of blood, brown color, mucus, or sand-like pieces in the urine</li> <li>• Irritability, restlessness, noisy or crying behavior (not heard before)</li> <li>• Changes in the amount of urine produced during the day (much more or much less)</li> </ul>	
<b>Catheter cleaning procedure</b>	
<ul style="list-style-type: none"> <li>• Wash catheter in soap and water. Rinse well</li> <li>• Allow to air dry, if possible in a vented box OR place in glass jar in white vinegar. If soaked in vinegar, rinse with clear water before use</li> </ul>	