

Catheterization: Clean

Catheterization is the insertion of a tube into the urinary bladder.

I. Personnel Involved

- A. School nurse
- B. Designated school personnel under indirect supervision
- C. Pupil
- D. School nurse as a procedural supervisor

II. General Information

- A. Intermittent catheterization may need to be done at school according to a time schedule ordered by the physician.
- B. The procedure is done by the pupil whenever possible.
- C. Pupils who need catheterization may:
 - 1. Be on a bladder training regimen.
 - 2. Have no bladder control.
 - 3. Have residual urine
- D. This procedure requires a physician's authorization. The service must be reauthorized yearly by the prescribing physician and the parent.

III. Guidelines

- A. Purpose
 - 1. To empty the bladder at appropriate intervals.
 - 2. To prevent bladder distention.
 - 3. To reduce chances of a bladder infection.
 - 4. To remove residual urine
 - 5. To control odors and prevent breakdown of the skin.
- B. Equipment (Parents are responsible for providing equipment.)
 - 1. Clean disposable catheter of appropriate size
 - 2. Cotton balls or 4 X 4's (sterile gauze pads)
 - 3. Soap and water
 - 4. A container capable of measuring the output to collect urine
 - 5. Lubricant if ordered
 - 6. A container to store the catheter (jar, baggie, and so forth)
 - 7. Povidone-iodine or other antiseptic solution if ordered
 - 8. Protective pad
 - 9. Clean disposable gloves
 - 10. A separate container large enough to hold all of the pupil's equipment (Both the container and the equipment must be properly labeled with the pupil's name.)

Catheterization: Clean – Procedure

<i>Essential steps</i>	<i>Key points and precautions</i>	<i>Child Specific</i>
<ol style="list-style-type: none"> 1. Wash hands thoroughly. 2. Assemble equipment in an appropriate private location for administration of the procedure. 3. Put on gloves. 4. Have a female pupil lie on her back with the knees flexed and separated. A male pupil may either lie down or sit up 5. Wash the genitalia thoroughly with soap and water (or antiseptic solution is ordered) using cotton balls or 4 X 4's. 6. Lubricate catheter if ordered. 7. Separate the labia on a female to visualize the meatus. <ol style="list-style-type: none"> a. Holding the catheter near the tip, insert the catheter into the meatus until urine flows. b. Place the other end into a collection container. 8. Hold the penis on a male upright at right angles to the student's body. <ol style="list-style-type: none"> a. Holding the catheter near the tip, insert it into the meatus until urine flows. b. Place the other end of the catheter in the collection container. 9. Instruct the pupil to breathe deeply. 10. Hold the catheter in place until urine ceases to flow. 11. Withdraw the catheter gently and slowly. 12. Make sure that the pupil is dry and comfortable and assist with dressing if necessary. 13. Discard disposable equipment and waste materials. 14. If the catheter is to be sent home for use, wash it in soap and water; rinse it with water or a prescribed solution and air dry. Store the catheter in a clean container (baggie or jar) to be sent home with the student. 	<p>Provide privacy. Avoid unnecessary exposure. Place a clean protective pad under the pupil's buttocks to keep contamination to a minimum. Have clean disposable gloves available.</p> <p>Have an adequate light source available.</p> <p>Separate the labia on a female pupil for thorough cleansing.</p> <p>Do not use force. If slight resistance is felt, it may help to twist the catheter.</p> <p>This position will straighten the anterior urethra. Do not force. If slight resistance is felt, it may help to twist the catheter.</p> <p>This step relaxes the perineal muscles and helps to overcome resistance to entry. To empty the bladder completely is essential.</p>	

15. Measure the urine, discard it, and rinse the container.

16. Wash hands thoroughly.

17. Record, on the SPHCS log, the procedure and the appearance and amount of urine.

Report and record any changes in the urine's color, appearance, or odor to the school nurse.