

the sterile hand, swab the glans and meatus three times with povidone/iodine. Gently introduce the tip of the lidocaine jelly applicator into the urethra 1 to 2 cm (0.4 to 0.8 inch) so that the lubricant flows only into the urethra; insert 5 to 10 ml 2% lidocaine lubricant into the urethra and hold it in place for 2 to 3 minutes by gently squeezing the distal penis. Lubricate the catheter and insert it into the urethra while gently stretching the penis and lifting it to a 90-degree angle to the body. Resistance may occur when the catheter meets the urethral sphincter. Ask the patient to inhale deeply and advance the catheter. Do not force a catheter that does not easily enter the meatus, particularly if the child has had corrective surgery. For indwelling catheters, after urine is obtained, advance the catheter to the hub, inflate the balloon with sterile water, pull it back gently to test inflation, and connect it to the closed drainage system. Cleanse the glans and meatus and replace retracted foreskin. If blood is seen at any time during the procedure, discontinue the procedure and notify the practitioner.

In female patients, place a sterile drape under the buttocks. Use the nondominant hand to gently separate and pull up the labia minora to visualize the meatus. Swab the meatus from front to back three times using a different povidone/iodine swab each time. Place 1 to 2 ml 2% lidocaine lubricant on the periurethral mucosa and insert the lubricant 1 to 2 ml into the urethral meatus. Delay catheterization for 2 to 3 minutes to maximize absorption of the anesthetic into the periurethral and intraurethral mucosa. Add lubricant to the catheter and gently insert it into the urethra until urine returns; then advance the catheter an additional 2.5 to 5 cm (1 to 2 inches). When using an indwelling Foley catheter, inflate the balloon with sterile water and gently pull back; then connect to a closed drainage system. Cleanse the meatus and labia (see [Cultural Considerations](#) box). Because the use of lidocaine jelly can increase the volume of intraurethral lubricant, urine return may not be as rapid as when minimal lubrication is used.

Cultural Considerations

Bladder Catheterization

Parents may be upset when their child is catheterized. Aside from