

and 4 × 4-inch gauze squares, a sterile drape, and a syringe with sterile water if a Foley catheter is used. Test the balloon of the Foley catheter by injecting sterile water before catheter insertion.

TABLE 20-5
Straight Catheter or Foley Catheter*

	Size (Length of Insertion [cm]) for Girls	Size (Length of Insertion [cm]) for Boys
Term neonate	5 to 6 (5)	5 to 6 (6)
Infant to 3 years old	5 to 8 (5)	5 to 8 (6)
4 to 8 years old	8 (5 to 6)	8 (6 to 9)
8 years old toprepubertal	10 to 12 (6 to 8)	8 to 10 (10 to 15)
Pubertal	12 to 14 (6 to 8)	12 to 14 (13 to 18)

*Foley catheters are approximately 1 Fr size larger because of the circumference of the balloon (for example, 10-Fr Foley catheter = ≈12-Fr calibration).

Adolescent boys and children with a history of urethral surgery may be catheterized with a coudé-tipped catheter. Children with myelodysplasia and those who have been identified as being sensitive or allergic to latex are catheterized with catheters manufactured from an alternative material. When an indwelling catheter is indicated for urinary drainage, a lubricious-coated or silicone catheter is selected, because these materials produce less irritation of the urethral mucosa compared with Silastic or latex catheters when left in place for more than 72 hours.

A 2% lidocaine lubricant with applicator is assembled according to the manufacturer's instructions, and several drops of the lubricant are placed at the meatus. The child is advised that the lubricant is used to reduce any discomfort associated with inserting the catheter and that introduction of the catheter into the urethra will produce a sensation of pressure and a desire to urinate (Gray, 1996) (see [Translating Evidence into Practice](#) box).

Translating Evidence into Practice

The Use of Lidocaine Lubricant for Urethral Catheterization

Ask the Question