

X Healthcare: How to Insert an Indwelling Urinary Catheter (Foley Catheter) - Male. Policy 6

This document outlines the procedure for inserting an indwelling urinary catheter (Foley Catheter) in a male patient at X Healthcare. This policy should be used in conjunction with all relevant hospital protocols and procedures.

Purpose

To safely and effectively insert an indwelling urinary catheter to drain urine from the bladder.

Scope

This policy applies to all healthcare professionals authorized to perform urinary catheterizations at X Healthcare.

Procedure

1. Preparation:

- Confirm the physician's order for catheterization.
- Gather all necessary supplies: sterile gloves, sterile drape, antiseptic solution, lubricant jelly, Foley catheter of appropriate size, syringe with sterile water, drainage bag, tape or securing device.
- Identify the patient and explain the procedure to them. Ensure patient privacy.
- Position the patient supine with legs slightly abducted.
- Perform hand hygiene and don sterile gloves.

2. Assessment:

- Expose the penis and assess for any abnormalities, lesions, or discharge.
- Place a sterile drape under the penis.

3. Cleansing:

- Retract the foreskin (if present).

- Cleanse the glans penis with antiseptic solution using a circular motion, starting at the meatus and working outward. Repeat three times.
- Maintain sterility throughout the procedure.
- 4. Catheter Insertion:**
 - Apply lubricant jelly to the catheter tip.
 - Gently lift the penis to an angle of 60-90 degrees.
 - Slowly and steadily insert the catheter into the urethral meatus.
 - Advance the catheter until urine return is observed.
- 5. Balloon Inflation:**
 - Once urine return is noted, advance the catheter another 1-2 inches.
 - Inflate the catheter balloon with the amount of sterile water specified on the catheter packaging.
 - Gently pull back on the catheter until resistance is felt, confirming balloon inflation and catheter placement in the bladder.
 - Replace the foreskin if retracted earlier.
- 6. Drainage Bag Connection:**
 - Connect the drainage bag to the catheter.
 - Secure the catheter to the patient's thigh to prevent traction.
 - Position the drainage bag below the level of the bladder.
- 7. Documentation:**
 - Document the procedure, including the catheter size, amount of water used for balloon inflation, urine output, and patient tolerance of the procedure.

Post-Procedure Care

- Monitor urine output and catheter patency.
- Provide patient education on catheter care and hygiene.
- Ensure proper catheter securement to prevent dislodgement.
- Report any complications or concerns to the physician.

Complications

Possible complications include urinary tract infection, urethral trauma, bleeding, and catheter blockage.

Disclaimer

This policy serves as a guideline and should be adapted to individual patient needs and clinical judgment. Consult with a physician or senior healthcare professional if any questions or concerns arise during the procedure.