

# X Healthcare: How to Insert an Indwelling Urinary Catheter (Foley Catheter) - Female

Policy Number 5

## Purpose

This document outlines the procedure for inserting an indwelling urinary catheter, also known as a Foley catheter, in female patients at X Healthcare, following policy number 5. This procedure is to be performed by trained and authorized personnel only.

## Equipment Required

The following equipment should be readily available before beginning the procedure:

- Sterile gloves
- Sterile drapes
- Antiseptic solution (e.g., povidone-iodine or chlorhexidine)
- Sterile cotton balls or swabs
- Lubricant jelly (water-soluble)
- Indwelling urinary catheter (appropriate size)
- Syringe with sterile water for balloon inflation
- Urine collection bag and drainage system
- Specimen container (if needed)
- Light source for visualization

## Procedure

1. **Patient Preparation:**
  - Verify the patient's identity and explain the procedure.
  - Ensure patient privacy and provide proper draping.

- Position the patient in the dorsal lithotomy position (supine with knees flexed and feet flat on the bed).
- 2. **Hand Hygiene and Gloving:**
  - Perform thorough hand hygiene.
  - Don sterile gloves.
- 3. **Perineal Cleaning:**
  - Using sterile technique, clean the perineal area with antiseptic solution.
  - Use each cotton ball or swab only once, moving from front to back.
- 4. **Catheter Insertion:**
  - Identify the urinary meatus.
  - Apply lubricant jelly to the tip of the catheter.
  - Gently insert the catheter into the urinary meatus until urine flow is observed.
- 5. **Balloon Inflation:**
  - Once urine flow is established, 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, ensuring the balloon is securely in place.
- 6. **Connection to Drainage System:**
  - Connect the catheter to the urine collection bag and drainage system.
  - Secure the catheter tubing to the patient's thigh to prevent dislodgement.
- 7. **Post-Procedure Care:**
  - Ensure the patient is comfortable.
  - Document the procedure, including the size of the catheter, amount of balloon inflation, and urine output.
  - Monitor urine output and catheter patency regularly.

## Important Notes

- Maintain strict sterile technique throughout the procedure.
- If resistance is encountered during catheter insertion, do not force it. Notify a supervisor or physician.
- Always adhere to X Healthcare's policies and procedures for infection control and patient safety.

# Potential Complications

- Urinary tract infection
- Urethral trauma
- Bleeding
- Catheter blockage

This procedure must be performed by trained and authorized personnel. Any deviations from this procedure must be documented and approved.