

Cache County School District
Clean Intermittent Catheterization for Female Protocol

Only staff ANNUALLY trained by A CCSD Nurse can provide the following procedure
ALWAYS FOLLOW THE STUDENT'S INDIVIDUALIZED HEALTH CARE PLAN

PROTOCOL

A. Preparation:

- * Identify student's ability to participate in procedure
- * Review Universal Precautions
- * Identify where procedure is done
- * Completes catheterization on time
- * Position student for catheterization as per student's IHP
- * Identifies possible problems and appropriate actions

B. Identifies supplies and gathers equipment

- * Lubricant (water soluble), straight catheter, wet wipes, cleansing supplies, storage for catheter supplies, protective sheet for bed as needed, container for urine, gloves

C. Procedure

1. Wipe off surface where procedure is performed
2. Wash hands and put on gloves
3. Lubricate catheter by sticking sterile catheter into lubricant tube
4. Spread labia and clean area from front to back with wipe (use wipe only once)
5. Grasp catheter about 2-3 inches from tip, insert into urethra until urine begins to flow
6. Advance ½ inch more (never force catheter)
7. Rotate catheter so all catheter openings reach all bladder areas
8. Allow urine to flow by gravity into diaper, container, etc., Push gently on bladder to empty of urine
9. When urine flow stops, pull catheter out slowly, wipe labia off with wipe, change diaper, pull-up, pad, etc. as needed
10. Throw used catheter, gloves and diaper in garbage **OR** Clean equipment and store appropriately
11. Wash hands
12. Assist student to get dressed
13. Document procedure in the approved CCSD documentation system