

Cache County School District
Clean Intermittent Catheterization for Male 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 at the time ordered
- * Position students 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. Retract foreskin if uncircumcised. Clean end of penis with wipe, Use wipe only once
5. Grasp catheter about 2-3 inches from tip, hold penis at 45-90-degree angle from the abdomen. Pull gently to straighten, insert catheter 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, pull foreskin over glans if uncircumcised, change diaper
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