

**Cache County School District**  
**Clean Intermittent Catheterization – via Vesicostomy/Urostomy Protocol**

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

PROTOCOL
<p><b>A. Preparation:</b></p> <ul style="list-style-type: none"> <li>* Identify student's ability to participate in procedure</li> <li>* Review universal precautions</li> <li>* Identify where procedure is done – restroom with privacy</li> <li>* Completes catheterization on time</li> <li>* Position student for catheterization as per student's IHP</li> <li>* Identifies vesicostomy site</li> <li>* Identifies possible problems and appropriate actions</li> </ul>
<p><b>B. Identifies supplies and gathers equipment</b></p> <ol style="list-style-type: none"> <li>1. Lubricant (water soluble), Straight catheter, Wet Wipes, Cleansing supplies, Storage receptacle for used catheter, Container for urine, Gloves</li> </ol>
<p><b>C. Procedure</b></p> <ol style="list-style-type: none"> <li>1. Wipe off area where procedure is performed</li> <li>2. Arranges equipment for procedure</li> <li>3. Positions student and explains procedure</li> <li>4. Wash hands and puts on gloves</li> <li>5. Lubricates catheter and places on clean surface</li> <li>6. Cleans: Cleans vesicostomy site- cleanest to dirtiest</li> <li>7. Grasps catheter about 3 inches from tip, inserts into site until urine begins to flow, Advances ½ inch more</li> <li>8. Allow urine to flow by gravity into toilet or cup</li> <li>9. Rotates catheter so all catheter openings reach all bladder areas,</li> <li>10. If ordered, gently press bladder to help empty</li> <li>11. Stops and waits until all urine has drained if urine begins to flow again during removal</li> <li>12. Pinches catheter and withdraws slowly when urine stops flowing, Discard catheter appropriately</li> <li>13. Cleans equipment, allow to dry and store in clean container</li> <li>14. Remove gloves and washes hands</li> <li>15. Assist student in dressing</li> <li>16. Wash hands</li> <li>17. Document procedure in the approved CCSD documentation system</li> </ol>