

Female Catheterization Procedure

1. Wash and dry hands
2. Don gloves, open catheter and place on clean surface
3. Lubricate catheter if ordered
4. Have the female pupil lie on her back with knees flexed and separated or with knees flexed and bottoms of feet brought together
5. Separate the labia and cleanse genitalia with soap and warm water using 4x4's or cotton balls
6. Place other end of catheter into a collection container. Hold the catheter near the tip, insert the catheter into the meatus until urine flows.
 - a. Do not use force, if resistance is felt, it may help to twist the catheter
 - b. Encourage pupil to take a deep breath to relax the perineal muscle and overcome resistance to entry
 - c. If there is slight resistance stop momentarily and then resume using slow, even pressure. NEVER FORCE A CATHETER.
7. Put other end of catheter into collection container.
8. Hold catheter in place until urine ceases flowing. It is essential to completely empty the bladder.
9. Withdraw the catheter slowly and gently.
10. Discard disposable equipment and waste material, or clean, wash and dry equipment with prescribed solution. If catheter is sent home, rinse it and air dry it, replace in container.

OR discard the catheter in a covered trash can.
10. Make sure that the pupil is dry and comfortable, assist with dressing as necessary.
11. Measure urine and discard it, rinse the container.
12. Record your findings in Catheterization Log.
13. Report any unusual observations or problems to parents and school nurse.