

What is Urinary Catheterisation?

Urinary catheterisation is the passage of a urinary catheter into the bladder via:

- the urethra, which is called **urethral** catheterisation
- the abdominal wall, which is called **suprapubic** catheterisation

Size Guide

For **females**, the general size guide is 12-14FG, with a standard catheter length of 25 cm. For **males**, the general size guide is 14-18FG, with a standard length of 41-45 cm.

The smallest size possible should be chosen to reduce trauma and irritation to the urethra, while allowing adequate drainage of urine.

Helpful Hints

- Use an **aseptic** technique to change a urinary catheter.
- Before changing a catheter, ensure that the older person is well **hydrated**, if possible.
- When deflating the integrated balloon, be mindful that a small amount of water can be lost to **osmosis** in the bladder.
- Ensure the drainage bag is **below** the level of the bladder.

Suprapubic Catheterisation

The advantage of an **SPC** is reduced risk of urethral trauma, bacterial contamination from faecal matter, or sitting on the catheter.

When changing an SPC, you might like to bring a **spare** catheter in a smaller size, just to be safe.

Female Urethral Catheterisation

When inserting a new urethral catheter, ensure the female is **positioned** with her legs with knees bent, hips flexed, and feet resting shoulder-width apart.

Ensure the labial folds and urethral meatus are cleaned using a **downwards** motion.

Male Urethral Catheterisation

When inserting a new urethral catheter, ensure the male is **positioned** lying flat on his back.

If the person is **uncircumcised**, pull back the foreskin to clean the penis, but ensure the foreskin is returned to its original position post catheterisation.

once the **anaesthetic lubricating gel** (10-20mLs) has been injected into the urethra, gently pinch the glans for 5 minutes.

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