

# Catheter Care

You will need these supplies for cleaning the skin around the catheter

- PPE
- disposable washcloths
- Mild soap
- Warm water
- A clean container or sink



Indwelling catheters should be connected to a sterile closed urinary drainage system or catheter valve. Healthcare workers should ensure that the connection between the catheter and the urinary drainage system is not broken, except for good clinical reasons.

## Cleaning the skin around the catheter

Follow these skin care guidelines once a day, every day, or more often if needed:

1. Wash hands well with soap and water, and dry.
2. Apply PPE (gloves, apron)
3. Wet some cloths with warm water and soap it up.
4. Gently wash all around the area where the catheter goes in with the soapy cloth.
  - Females should be wiped from front to back.
  - Males should be wiped from the tip of the penis downward. (Remember to clean under the foreskin)
- 5 Dispose of the cloth.
- 6 Wet another cloth with warm water and soap it up.
- 7 Use it to gently wash upper legs and buttocks.
- 8 Rinse off the soap and pat dry with a clean towel.
- 9 DO NOT use creams, powders, or sprays near this area.

## Cleaning the Catheter

Follow these steps twice daily-

1. Wash your hands well with soap and water.
2. Apply Personal Protective Equipment (gloves, apron)
3. Renew the warm water in your container.
4. Wet a cloth with warm water and soap it up.
- 5 Gently hold the catheter and begin washing the end near the vagina or penis.
6. Move slowly down the catheter (away from your body) to clean it. Then dispose of cloth.
7. NEVER clean from the bottom of the catheter toward the body.
8. Gently dry the tubing with disposable cloth and then dispose of cloth.
9. Remove and dispose of PPE and decontaminate hands.

- Urinary drainage bags should be positioned below the level of the bladder, and should not be in contact with the floor use either a leg bag which is secured to the leg, or catheter stand.
- Ensure all catheters are correctly attached to a night bag when residents are in bed.
- The urinary drainage bag should be emptied frequently enough to maintain urine flow and prevent reflux, and should be changed when clinically indicated.
- A separate and clean container should be used for each person. Contact between the urinary drainage tap and container should be avoided.
- Urine samples must be obtained from a needleless sampling port using an aseptic technique.

