

1. Gather Supplies

- Basin
- Warm water
- Soap
- Two washcloths
- One towel
- Barrier
- Gloves
- Linen bag or hamper

2. Routine Pre-Procedure Steps

- Knock on the resident's door.
- Perform hand hygiene.
- Maintain respectful, courteous, and professional communication at all times.
- Introduce yourself and identify the resident.
- Provide for privacy.
- Explain the procedure to the resident.

3. Procedure Steps

- Put on gloves.
- Fill the basin with warm water and place it on a flat surface with a barrier underneath. Have the resident check the water temperature by placing their hand in the basin or putting a wet washcloth on the back of their hand.
- Raise the bed height to a working height.
- Expose only the urethra and catheter.
- Follow the tubing from the resident toward the drainage bag, ensuring that the tubing is at a lower level as it goes toward the bag. Be sure no kinks or elevation can cause backflow to the bladder.
- Turn the resident or raise their hips and place a barrier (e.g., a towel, waterproof soaker pad, or disposable pad) under their buttocks.
- Use the first washcloth with soap and water to carefully wash around the catheter where it exits the urethra.
- Hold the catheter where it exits the urethra with one hand.

- While holding the catheter, clean 3-4 inches down the catheter tube.
- Clean with strokes moving away from the urethra.
- Use a clean portion of washcloth for each stroke.
- Put the soiled first washcloth in the linen bag.
- Wet the second washcloth and rinse, using strokes only away from the urethra while continuing to hold the catheter where it exits the urethra.
- Rinse using a clean portion of washcloth for each stroke.
- Put the soiled second washcloth in the linen bag.
- Pat dry with a towel.
- Do not allow the tube to be pulled at any time during the procedure.
- Replace the gown over the resident's perineal area.
- While wearing gloves, empty the basin.
- Rinse the basin.
- Dry the basin.
- Return the equipment to storage.
- Dispose of soiled linen in a designated laundry hamper.
- Remove the gloves, turning them inside out.

4. Post-Procedure Steps

- Perform hand hygiene.
- Check for resident comfort and ask if anything else is needed.
- Ensure the bed is low and locked. Check the brakes.
- Place the call light or signaling device within reach of the resident.
- Open the door and privacy curtain.
- Perform hand hygiene.
- Document and report any issues or changes noted with the resident.

Source: <https://wtcs.pressbooks.pub/nurseassist/chapter/5-24-checklist-catheter-care/>