

# Female Catheterization

## Before performing catheterization

1. Ask the name and date of birth of the patient
2. Compare them with the name and date of birth written on the patient's hand marker
3. Ensure the patient's privacy
4. Explain the patient the whole procedure
5. Assemble necessary equipment and check the date of expiration
6. Wash hands with soap
7. Wash hands with antiseptic
8. Wear non sterile gloves

## Female Catheterisation STEP BY STEP

1. Unwrap the first layer of catheter. Remove the tips of the second layer to expose both tip-ends of the catheter
2. On the tip-end that will remain outside test if the inflation balloon is working
3. Open the syringe and draw 10 ml of water
4. Insert the 10 ml to check the balloon's integrity
5. On the other tip-end that will be inserted into the urethra, put some lubricant pouring from above
6. Open the sterile equipment kit
7. Put some antiseptic fluid on the small swabs
8. Wear STERILE gloves
9. Take the sterile blue sheet and open it away from clothes and away from the patient
10. Put the sheet in the proper position
11. Take the sterile container and put it beneath the urethra
12. Take the 3 swabs on one hand
13. With the other hand open the labia majora and with the other swab hand clean 3 times the area (left, right and center of labia minora)
14. The hand touching the patient is not sterile any more thus it cannot touch anything sterile from now on
15. With the sterile hand take the lubricated tip-end of the catheter from the wrapping layer and with the no sterile hand keep the labia majora open
16. Insert the catheter slowly and withdraw the wrapping until resistance is opposed
17. Urine flow should be observed
18. Take the syringe and inflate the balloon with 10 ml of water