Step-by-step guide
Male Catheterisation
Gather your equipment

Ensure you select the correct catheter

- Catheterisation Pack
- Catheter
- Local Anaesthetic Gel
- Sterile water
- Two pairs of sterile gloves
- Hand sanitiser
- Drainage bag
**Procedure**

**Explain the Procedure**
- Check patient identity
- Discuss the procedure with the patient. Explain what will happen.
- Gain consent
- Ask the patient if they would like a chaperone
- Ensure privacy and dignity is maintained throughout the procedure

**Create a Sterile Field**
- Wash hands
- Decontaminate trolley
- Don PPE
- Prepare the sterile field (see ANTT principles guide)

**Arrange Equipment**
- Open catheter onto the sterile field—ensure the inner sterile wrapper is intact
- Add any other sterile equipment to sterile field—make sure you do not contaminate the sterile field
- Wash hands
- Apply sterile gloves

**Apply Sterile Field**
- Maintain the sterile field using the sterile towels or drapes over abdomen and thighs
- You are also able to make a hole in the larger sterile towel and place over penis
Procedure

Cleaning (A)

Following trust policy clean the urethral meatus

Using your non dominant hand use sterile gauze wrapped around the penis to hold.

Ensure you do not contaminate your dominate hand

Cleaning (B)

If foreskin is present, use the gauze to retract. Do not to fully retract the foreskin

Clean the top of the meatus, pass over the glans towards the retracted foreskin in one movement and discard the ‘dirty’ swab. Take a second swab and repeat, cleaning the underside of the meatus, again passing over the glans towards the retracted foreskin. Discard the gauze

Administer the anaesthetic gel

Following trust policy

Prior to inserting the local anaesthetic gel into the urethra, put a few drops of local anaesthetic gel on the urethral meatus

Then insert the nozzle into the meatal opening and administer the gel into the urethra

Administer the anaesthetic gel

Remove the syringe from the urethra

Leave the gel to work for 3-5 minutes—whilst holding the glans of the penis closed so the gel does not leak out
Procedure

Apply new sterile gloves

Open Catheter

Insert the catheter (A)

Insert the catheter (B)

Remove sterile gloves

Wash hands

Apply new sterile gloves

Put a bowl under the penis to catch any urine

Open catheter packaging along the perforated edge to expose a few centimetres of the catheter. Use the packaging to protect the catheter, you need to pull the packaging back whilst you insert the catheter

Hold the penis upright and extend it as shown above. Maintain this position until the catheter has been inserted

With a smooth action pass the catheter through the urethra and into the bladder

When you reach the external sphincter, there may be a feeling of resistance; ask the patient to cough or bear down as if he wanted to pass urine, while continuing to insert the catheter into the bladder
Procedure

Stop if any resistance
Stop the procedure if the patient experiences undue pain or discomfort, there is bleeding that would not be due to minor trauma or if you feel resistance
Seek medical advice

Ensure catheter is in bladder
Insert 20–25 cm of the catheter (the male urethra is about 18 cm long)
Discard the wrapper.
When urine starts to flow out of the catheter, insert it to almost where it divides into two branches

Inflate balloon
Slowly inflate the balloon, following the manufactures guidelines
The patient should not feel any pain or discomfort, if they do stop immediately and follow local trust guidelines (the balloon may be sitting in the urethra and you might need to deflate balloon, remove the catheter and start again)
Do not inflate the balloon if there is no urine

Pull catheter back
Once the balloon has been inflated in the bladder, smoothly pull the catheter out until you meet a little resistance; this allows you to check that the balloon was inflated in the bladder and is now in the correct position
Procedure

Attach drainage bag

Attach catheter drainage bag and secure to the leg

Dispose of waste

Dispose of all waste according to trust policy

Decontaminate hands

Remove PPE and wash hands

Document and active plan of care

Many hospitals now use a catheter passport.