

Management of Difficult Urinary Catheterizations

Physician Orders an Indwelling or Intermittent Urinary Catheter

Nurse Assess Patient for Catheter Insertion Risk Factors

- Benign Hypertrophy of Prostate (BPH), on medication
- Obesity (Buried penis in male or difficulty finding meatus in female)
- Previous surgeries, e.g. Post prostate surgery (urethral stricture/Bladder neck contracture)
- History of difficult catheterizations
- Anatomic variant/congenital condition

Tips and Tricks Prior to the Procedure

- 2 People for the insertion process to assist with positioning and technique
 - Gather all supplies before entering the room
 - Utilize a 16Fr Foley Kit unless otherwise indicated
 - Do not break the system seal unless a different type of catheter is used
 - Ask patient to take slow, deep breaths to help relax during the procedure
- Female-**
- Supine position with hips comfortably abducted, pillow under the hips to tilt the pelvis, or place in Trendelenburg
 - Use a headlamp to help visualize the meatus or place 2 fingers into the vagina anteriorly and pass the foley on top of fingers
- Male-**
- Instill 10ml Lubricating Jelly into the urethra
 - When passing a catheter through the urethra, hold the penis straight and upright to smooth out the curve without compressing the urethra

Nurse First Attempt with Standard Foley Catheter

- Female-**
- Insert catheter 1/3 of its length (4-5 inches) into the bladder
- Male-**
- Insert catheter up to the Y and visualize urine in tubing before inflating balloon
 - In uncircumcised patients, reduce foreskin to anatomic position after procedure is complete
- If patient complains of pain while inflating the balloon, deflate, then insert the catheter further

DO NOT USE EXCESSIVE FORCE WHILE INSERTING THE FOLEY

Was tactile resistance/
difficulty encountered?

Yes

No

Nurse Second Attempt with 18Fr Coude'

- Male-**
- Instill 10ml Lidocaine Jelly into urethra
- Orient the bump on the Coude' to stay pointed towards the patient's head

Successful Placement

- Male-** StatLock the tubing to the lower abdominal wall
Female- StatLock the tubing high up the thigh

Unsuccessful

Consult Urologist