

How do you care for a catheter/flush a catheter

Caring for a catheter:

- Take a urine culture each day from catheter port using straight tipped syringe or from a new catheter bag to ensure it is sterile.
- Daily urinalysis should be performed to check for infection.
- Output, colour and clarity should be monitored.
- If it's increasingly haematuric or cloudy then medical staff should be informed.

To remove a catheter:

1. Wash hands and apply gloves.
2. Clean balloon port with alcohol wipe before beginning.
3. Insert a luer lock syringe into the balloon port and draw back until 3-5mls comes out.
4. Tug the catheter gently if necessary and pull out.

Flushing a catheter:

Set a sterile trolley including:

- sterile gloves
 - catheter tipped syringe
 - 10mls saline or prescribed volume
 - clinell wipes
 - blue clamps
1. Wash hands and apply sterile gloves
 2. Clamp with blue clamps.
 3. Detach catheter bag from end of catheter.
 4. Attach the catheter tipped syringe with 10mls of saline or volume prescribed
 5. Unclamp and push in slowly then slowly pull back – you may not always get as much as you flushed in.
 6. Clamp again then reattach catheter bag then unclamp.
 7. Observe urine output – if not improved within an hour, inform medical/surgical staff.