

DOWNEY UNIFIED SCHOOL DISTRICT
Educational Services

CLEAN URINARY SELF-CATHETERIZATION

CHILD'S NAME: _____ **D.O.B:** _____

GRADE: _____ **SCHOOL YEAR:** _____ **SCHOOL:** _____

Please check one:

- I authorize D.U.S.D. to provide care per standardized school district policy and procedure
(See attached guidelines/procedure)
- My recommendations or orders for this procedure are attached.

******Parent/Guardian will provide all necessary supplies******

PROCEDURE TIME(S): _____

SPECIAL DIRECTIONS: _____

Physician's Name (Please Print): _____

Physician's Signature: _____ Date: _____

Physician's Phone number: _____



MD OFFICE STAMP – REQUIRED

Parent/Guardian Signature: _____ Date: _____

DOWNEY UNIFIED SCHOOL DISTRICT
Educational Services

CLEAN URINARY SELF-CATHETERIZATION

I. GENERAL GUIDELINES

a. PURPOSE

- i. To empty the bladder at appropriate intervals
- ii. To prevent bladder distention
- iii. To reduce chances of bladder infection
- iv. To remove residual urine

b. PERSONNEL

- i. Student under direct or indirect supervision of school nurse.
- ii. Student under supervision of designated school personnel who is under indirect supervision of school nurse.

c. EQUIPMENT

- i. Provided by parent:
 - 1. catheters as ordered by physician
 - 2. towelettes
 - 3. water soluble lubricant
 - 4. container for catheter storage (i.e. toothbrush container or plastic baggie)
 - 5. liquid detergent (for washing equipment, if applicable)
 - 6. plastic bag for disposal of waste

II. PROCEDURE

ESSENTIAL STEPS	KEY POINTS AND PRECAUTIONS
1. Student should wash hands with soap and water	
2. Assemble equipment in appropriate location for proper administration of procedure (flat clean surface)	
3. Position of student varies depending on sex and disability of the student.	
4A. FOR FEMALE <ul style="list-style-type: none"> a. The student could be lying down or in a sitting position on the toilet b. Hold labia apart with 2nd and 4th fingers of non-dominant hand c. Wash urethral opening with towelette d. Locate urethral opening by applying pressure with finger e. Release pressure on urethra but do not move finger f. With dominant hand pick-up catheter and lubricate tip g. Hold catheter close to tip between thumb and index finger with 2nd finger supporting tip slightly upward and insert into urethra until urine flows. 	<p>It may be easier to sit facing backwards on the toilet or standing with one foot on the toilet edge.</p> <p>Wipe from front to back. May be assisted by use of hand mirror.</p> <p>The other end of the catheter should be placed in the collection container or toilet</p>
4B. FOR MALE <ul style="list-style-type: none"> a. Sit on toilet or in wheelchair b. Hold shaft of penis raising it almost straight c. If not circumcised, retract foreskin d. Cleanse the meatus with towelette(s) e. Hold catheter and lubricate f. Insert catheter into urethra and advance until urine flows; advance catheter another inch. Allow urine to flow into appropriate receptacle. 	<p>Maintain hold on penis until procedure is ended.</p> <p>Make circular strokes outward starting at the meatus.</p> <p>If resistance is felt at the external sphincter, slightly increase the traction on the penis and apply steady gentle pressure on the catheter.</p>

DOWNEY UNIFIED SCHOOL DISTRICT
Educational Services

CLEAN URINARY SELF-CATHETERIZATION

5. Hold catheter in place until urine ceases to flow. Pinch catheter and withdraw catheter gently and slowly when flow of urine ceases. - For a male who is not circumcised, pull the foreskin over the glans when finished.	It is essential to completely empty the bladder.
6. Wash catheter in a solution of warm water and liquid detergent, if re-useable type catheter.	Wash outside of catheter to remove remaining lubricant. Pull detergent solution up syringe and flush solution through catheter.
7. Rinse catheter well, if re-usable type catheter.	Flush using syringe.
8. Dry catheter and fold inside clean dry towel, if re-usable type catheter.	The catheter and carrying container should be clean and dry.
9. Discard disposable catheter per universal precautions. Dispose of waste materials.	Universal precautions require that all waste material be double bagged.
10. Wash hands.	
11. Document procedure if student requires supervision.	If documenting, including color, odor if present and response of student.