



## **Male Urinary Catheterization Technique**

- Pay close attention to sterile technique. This will reduce the chance of causing bacteria to enter the patient's urinary system.
- Make sure that all supplies are dropped on the sterile tray and accessible, the patient is lying on their back with their genitals uncovered before putting on sterile gloves.
- Put on sterile gloves and do not touch any item that is not sterile and then retouch the sterile tray.
- At this point, left hand can be your unsterile hand while the right hand remains sterile.
- Grasp the base of the penis with your left hand, clean tip of penis with your right hand using the (3) betadine swabs. Lubricate the catheter with lubricating jelly. Hold the Foley catheter in your right hand and insert it into the opening of the penis. Let the open end of the catheter rest inside the plastic white sterile tray. Use gentle steady inward movement. Do not force the catheter.
- When the catheter is in the bladder, urine return will flow through the catheter and into the plastic white sterile tray.
- Support the catheter now with the left hand, without allowing it to retract from urethra.
- Inflate the balloon with air with the 5cc syringe. When the syringe is emptied of air, twist off the syringe without allowing any air to return into the syringe.
- The catheter should stay in place at this point and the fluoro tech can take over from here.

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