

## Cleaning Intermittent Urinary Catheters in Home and Supportive Living

This resource is intended to provide general instructions to Patients and Healthcare Providers for the cleaning of intermittent urinary catheters in Home Living and Supportive Living. It does not provide client specific information or replace prescriber's orders.

**\*The exception to the *Standards for Single-Use Medical Devices: As Applied to Critical and Semi-Critical Medical Devices* for Intermittent Urinary Catheters only applies for re-use on the same client and is not intended for re-use between clients.**

✓Ensure the patient has extra supplies and equipment before starting, due to drying time required for catheters. Prior to starting, clean and disinfect all work areas such as sinks, counters, etc.

### Cleaning Intermittent Urinary Catheters

1. Wash your hands thoroughly with soap and water or use alcohol-based hand rub.
2. Collect your equipment:
  - a. liquid clear soap (general use dish soap)
  - b. clean 60 ml catheter tip syringe or squeeze bottle
  - c. clean or disposable towel for a clean workspace
  - d. clean or disposable towel for drying catheter
  - e. clean container and clean measuring cup
  - f. clean gloves
3. Put on gloves.
4. Add a few drops of soap to approximately 1 cup of water to a clean container.
5. Wash the catheter with soap and water immediately after use.
6. Use the syringe or squeeze bottle to push soapy water through the catheter tubing.
7. Rinse the catheter, inside and out, with clean tap water.
8. Place catheter between layers of clean towel or disposable towel and let it air dry. When thoroughly dry, store in either a cleanable container with a lid, a new zip locked plastic bag or paper bag.
9. Empty and wash squeeze bottle or syringe with hot soapy water after every use, rinse and air dry. Discard syringe and or squeeze bottle if damaged, discolored, or if there are changes in texture (hard, brittle, or soft).
10. Remove gloves, wash your hands, and document.

#### Key Points:

- Use a clean, dry catheter for each catheterization. If the catheter is wet or moist, re-wash and thoroughly rinse it before using.
- Inspect catheter for signs of wear including discoloration, or damage such as holes or tears.
- Discard catheter after 24 hours (once per day) from the first use or sooner if catheter becomes discolored, no longer drains, or if there are changes in texture (hard, brittle, or soft).



### Patient Should Report to the Healthcare Provider if:

- You are having trouble inserting or cleaning your catheter.
- You are leaking urine between catheterization.
- You have a skin rash, sores, cuts, or see any breakdown of skin in the perineal area.
- You notice a smell coming from your urine, the penis or vagina.
- You notice changes in your urine, i.e., cloudy, sediment, blood, etc.
- You have pain around your groin or lower abdomen, bladder, etc.
- You have signs of infection i.e., burning sensation when you urinate, fever, fatigue, or chills.

### Bibliography

- Capital Health, Nova Scotia. (2015, January). *Care of Your Urinary Catheter at Home*. Retrieved from <http://www.cdha.nshealth.ca/patientinformation/nshealthnet/0297.pdf>
- Covenant Health. (2010, April 8). *Continuing Care Resident Care Manual Procedure, Long Term Urinary Catheter Maintenance / Care*. Retrieved from Covenant Health: [http://extcontent.covenanthealth.ca/Policy/CC\\_RCM\\_ii-c-30.pdf](http://extcontent.covenanthealth.ca/Policy/CC_RCM_ii-c-30.pdf)
- Government of Alberta, Healthwise Staff. (2016, October 14). *Intermittent Catheterization for Men*. Retrieved from MyHealth.Alberta.ca: <https://myhealth.alberta.ca/health/pages/conditions.aspx?Hwid=ug2976>
- Government of Alberta, Healthwise Staff. (2016, October 14). *Intermittent Catheterization for Women*. Retrieved from MyHealth.Alberta.ca: <https://myhealth.alberta.ca/health/pages/conditions.aspx?Hwid=ug2979>
- Government of Alberta, Healthwise Staff. (2017, May 12). *Learning About Urinary Catheter Care to Prevent Infection*. Retrieved from MyHealth.Alberta.ca: <https://myhealth.alberta.ca/Health/aftercareinformation/pages/conditions.aspx?hwid=ut2057&#abu3454>
- Government of Western Australia, Department of Health. (n.d.). *Caring for your self-intermittent catheter*. Retrieved from HealthyWA: [http://healthywa.wa.gov.au/Articles/A\\_E/Caring-for-your-catheter](http://healthywa.wa.gov.au/Articles/A_E/Caring-for-your-catheter)
- Healthwise Staff, Province of British Columbia. (2016, October 14). *Intermittent Catheterization for Women*. Retrieved from HealthLinkBC: <https://www.healthlinkbc.ca/health-topics/ug2979>
- Home Living Program Edmonton Zone, Alberta Health Services. (2017, April). *Changing and Cleaning a Foley Catheter Drainage Bag Caregiver Instructions*. Retrieved from Alberta Health Services: <http://insite.albertahealthservices.ca/assets/sh/tms-sh-catheter-bag-change-and-cleaning-caregiver-instructions.pdf>
- Kentucky Department for Public Health- Healthcare Associated Infection Prevention Program. (2012). *How to Clean a Drainage Bag*. Retrieved from Commonwealth of Kentucky: <http://chfs.ky.gov/NR/rdonlyres/CFC63B34-A412-4C20-B87F-2E81E62B484C/0/CAUTITable2CleaningCatheterDrainageBag.pdf>
- National Institutes of Health, NIH Clinical Center. (2015). *Clean Intermittent Self-Catheterization (CISC): Procedure for Men*. Retrieved from NIH Clinical Center, America Research Hospital: [https://clinicalcenter.nih.gov/ccc/patient\\_education/pepubs/bladder/ciscmen5\\_22.pdf](https://clinicalcenter.nih.gov/ccc/patient_education/pepubs/bladder/ciscmen5_22.pdf)
- National Institutes of Health, NIH Clinical Center. (2015). *Clean Intermittent Self-Catheterization (CISC): Procedure for Women*. Retrieved from NIH Clinical Center: [https://clinicalcenter.nih.gov/ccc/patient\\_education/pepubs/bladder/ciscwomen5\\_22.pdf](https://clinicalcenter.nih.gov/ccc/patient_education/pepubs/bladder/ciscwomen5_22.pdf)
- UC San Diego, School of Medicine, Regents of the University of California. (1, January 2017). *Emptying and Cleaning Your Urinary Catheter Bag*. Retrieved from UC San Diego Health: <http://myhealth.ucsd.edu/RelatedItems/3,85556>
- University of Michigan Health System (UMHS). (2015, April 28). *Care of Reusable Urinary Drainage Systems*. Retrieved from <http://www.med.umich.edu/1libr/urology/CareReusableUrinaryDrainageSystems.pdf>
- Vancouver Coastal Health. (2016, December ). *Catheter Care How to Care for a Urinary Catheter*. Retrieved from VCH: <http://vch.eduhealth.ca/PDFs/FP/FP.157.C38.pdf>
- Wolters Kluwer Clinical Drug Information. (2018, April 19). *How to Care for Your Foley Catheter, Male*. Retrieved from Lippincott Advisor, Alberta Health Services: <https://advisor-lww-com.ahs.idm.oclc.org/lna/document.do?bid=19&did=640395&hits=catheters,catheter>

For more information contact: Provincial Continuing Care: [continuingcare@ahs.ca](mailto:continuingcare@ahs.ca)

