

## Chapter 22

### ELIMINATION OF URINE

#### PROCEDURE FOR APPLYING AND REMOVING AN EXTERNAL CATHETER

CAUTION: ALWAYS FOLLOW THE MANUFACTURER'S INSTRUCTIONS FOR APPLYING AN EXTERNAL CATHETER

1. Gather equipment-gloves, towel or bath blanket, towel or bed protector, washcloth, basin of warm water, soap, skin barrier if used, external catheter, plastic bag, urinary leg, or drainage bag.
2. Provide privacy.
3. Explain what you are going to do.
4. Wash your hands and put on gloves.
5. Fold back bed linens and cover the client with a towel or bath blanket.
6. Place a towel or bed protector under the client and expose the genital area.

#### To Apply an External Catheter:

7. Provide perineal care with mild soap and warm water. Rinse and pat the area dry.
8. Observe the skin for redness, irritation or open areas.
9. If used, apply skin barrier to the shaft of the penis and allow to dry for approximately 30 seconds. Do not apply skin barrier to the head of the penis.
10. Place the external catheter over the head of the penis leaving approximately ½" between the tip of the penis and the end of the catheter sheath.
11. Gently roll the catheter sheath onto the shaft of the penis, moving pubic hair away from the sheath.
12. Press the catheter sheath with your hand to make sure it is secure.
13. Attach the catheter tubing to a urinary leg or drainage bag.
14. Remove gloves and wash hands.
15. Make client comfortable.
16. Report any unusual findings the supervisor/nurse.

### To Remove an External Catheter:

Follow steps 1-6 above and:

7. Using warm water and wash cloth wet the penis.
8. Gently roll the catheter sheath down the shaft of the penis.
9. Disconnect the catheter from the tubing and discard in a plastic bag. Set the catheter bag and tubing aside for cleaning according to agency policy.
10. Provide perineal care with mild soap and warm water. Rinse and pat the area dry.
11. Observe the skin for redness, irritation, or open areas.
12. Remove gloves and wash hands.
13. Make client comfortable.
14. Report any unusual findings the supervisor/nurse.

### Chapter Review

1. What age-related changes affect the urinary system?
2. What factors help maintain normal urine elimination?
3. What are characteristics of normal urine?
4. What conditions may cause abnormal urine elimination?
5. What factors can lead to urinary incontinence?
6. How do you care for a client with a urinary catheter?
7. How do you care for a client with an ureterostomy?
8. How should you help a client use a bedpan, urinal, or bedside commode?
9. What observations can you make about the urinary system?
10. How do you give perineal care with catheter according to proper procedure?
11. How do you change a urinary drainage bag according to proper procedure?
12. How do you empty a urinary drainage bag according to proper procedure?
13. How do you assist a client in using urinal according to proper procedure?