

**APPENDIX 13**

**URINARY CATHETER REMOVAL**

**Equipment**

- Single use disposable plastic apron
- Non sterile gloves
- Syringe for deflating catheter balloon
- Access to hand hygiene facilities/alcohol hand gel

In patients with a long term catheter where encrustation is suspected, a citric acid washout solution may be recommended prior to removal.

Once a balloon has been deflated, long term catheterised patients may prefer to remove their own catheter under supervision.

**Pre-Procedure**

No	Action	Rationale
1	Explain procedure to the patient and inform them of possible symptoms, such as urinary urgency, frequency and discomfort (caused by inflammation of the urethra following prolonged catheterisation).	So that patient knows what to expect, and can plan daily activity.
2	Cleanse hands, put on single use disposable apron and gloves.	To reduce risk of cross-infection (EPIC 3 2014).

**Procedure**

No	Action	Rationale
3	Release leg support.	For easier removal of catheter.
4	Having checked volume of water in balloon (see patient documentation), use syringe to deflate balloon.	To confirm how much water is in the balloon. To ensure balloon is completely deflated before removing catheter.
5	Ask patient to breathe in and then out; as patient exhales, gently (but firmly with continuous traction) remove catheter. Male patients should be warned of discomfort as the deflated balloon passes through the prostate gland.	To relax pelvic floor muscles. It is advisable to extend the penis as per the process for insertion to aid removal.

**Post Procedure**

No	Action	Rationale
6	Encourage patient to exercise and to drink 2–2.5 litres of fluid per day.	To prevent urinary tract infections.
7	Dispose of equipment in appropriate waste stream. Remove gloves and single use disposable plastic apron disposing of appropriately.	To prevent environmental contamination. Orange is the recognized colour for clinical waste (DEFRA 2005).
8	Cleanse hands.	To reduce risk of infection.
9	Record summary of removal, including where relevant details in urinary	To provide a point of reference or comparison in the event of later queries

	catheter passport	(NMC 2010).
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**References**

DEFRA (2005) Hazardous Waste Regulations: List of Wastes Regulations 2005. London: Department for Environment, Food and Rural Affairs.

Fraise, A. P. & Bradley, T. (2009) Aycliffe's Control of Healthcare-associated Infections: A Practical Handbook, 5th edn. London: Hodder Arnold.

NMC (2010) Record Keeping: Guidance for Nurses and Midwives. London: Nursing and Midwifery Council Available at: [www.nmc-uk.org/Documents/NMC-Publications/NMC-Record-Keeping-Guidance.pdf](http://www.nmc-uk.org/Documents/NMC-Publications/NMC-Record-Keeping-Guidance.pdf)

Royal Marsden Hospital Manual of Clinical Nursing Procedures (2015) Ninth Edition, (Online). (Accessed March 2018)