

EXTERNAL CATHETERIZATION

Description of the procedure for indwelling catheters. Insertion by qualified personnel.

STEP

1

HYGIENIC PREPARATION

- Thorough hand washing and disinfection of hands, put on sterile gloves.
- Preparation of a germ free area, e.g. with mikrozid® universal wipes.



STEP

2

PREPARATION FOR CATHETERIZATION

- **Equipment:** syringes, swabs, sterile tweezers, physiol. NaCl or sterile water, catheter, urethral bag, mucosal antiseptic **octenisept®**.
- **For uncoated catheter:** additional lubricant gel.
- **Caution:** During the entire process, the catheter must be kept sterile.

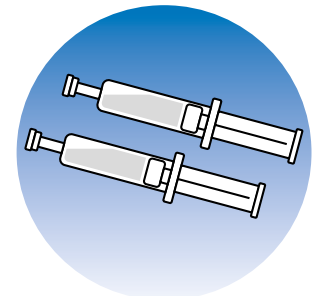


STEP

3

PREPARATION OF THE SYRINGES

- Fill syringe with physiol. NaCl or sterile water to later fill the catheter balloon with it.
- **If the catheter is uncoated:** fill an additional syringe with lubricant.

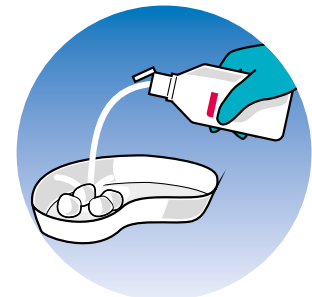


STEP

4

SOAKING THE CATHETER AND GAUZE SWABS

- Soak gauze swabs with **octenisept®**.
- **For coated catheter:** Place catheter in the dish. Subsequently, pour physiol. NaCl or sterile water over the catheter to activate the hydrophilic film.

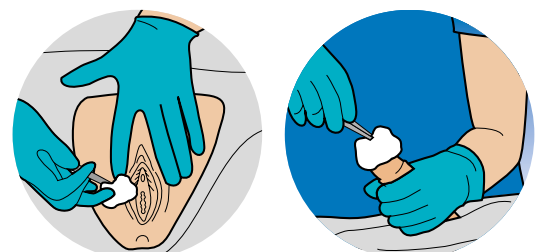


STEP

5

DISINFECTION OF THE EXTERNAL GENITALIA

- Disinfect the entrance of the urethra with **octenisept®** soaked gauze swabs and sterile tweezers.
- **For women:** above the vaginal opening, after spreading the labia.
- **For men:** penile glans, after retracting the foreskin.

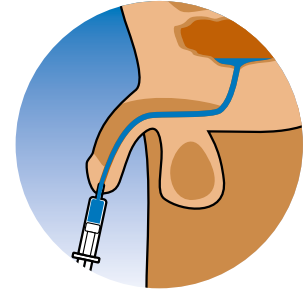


STEP

6

FOR UNCOATED CATHETER, INSERTION OF LUBRICATING GEL

- Place the gel syringe at the urethral opening and insert the anesthetic lubricating gel into the urethra. The lubricating gel can also be applied directly onto the catheter.

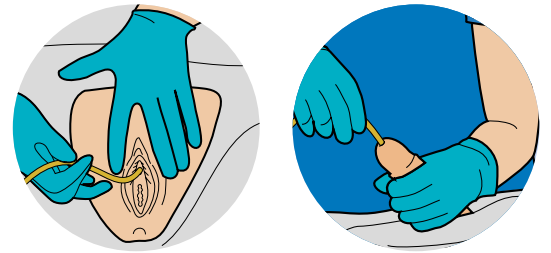


STEP

7

INSERTION OF THE CATHETER

- Slowly insert the catheter into the urethra.
- Insert the catheter until urine drains. After the first flow of urine, push the catheter approx. 1 cm further.

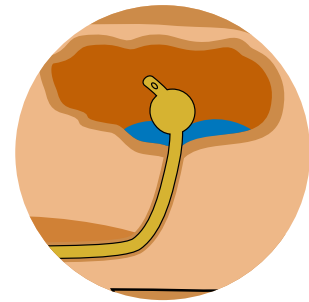


STEP

8

INTRODUCTION OF PHYSIOL. NaCl OR STERILE WATER

- Using the syringe, fill the balloon with physiol. NaCl or sterile water.
- Then connect the indwelling catheter to the urinary bag.



Note: In order to reduce catheter-related urinary tract infections (UTIs), the KRINKO recommends the early removal of catheters, e.g. by using intermittent catheterization (IC) instead of a permanent catheter¹. Special instructions for handling the various disposable catheters and sets is provided by the manufacturer's instructions for use.

¹ KRINKO, Catheter-associated urinary tract infections - new KRINKO recommendation on prevention, Springer-Verlag Berlin Heidelberg 2015, DOI 10.1007/s00103-015-2139-0.

octenisept® Antiseptikum vor Katheterisierung der Harnblase • **Active substances:** octenidine dihydrochloride, phenoxyethanol (Ph.Eur.). • **Composition:** 100 g solution contain: 0.1 g octenidine dihydrochloride, 2.0 g phenoxyethanol (Ph.Eur.). • **Other ingredients:** cocamidopropylbetaine, sodium D gluconate, glycerol 85%, sodium chloride, sodium hydroxide, purified water. • **Indications:** For repeated, short-term antiseptic treatment of mucous membranes and adjacent skin, also prior to bladder catheterisation. • **Contraindications:** octenisept® Antiseptikum vor Katheterisierung der Harnblase may not be used in cases of hypersensitivity to any of the components of the preparation. the medicinal product should not be used for rinsing the abdominal cavity (e.g. intra-operatively) or the bladder, nor the tympanic membrane. • **Undesirable effects:** In rare cases a temporary burning sensation may appear as a subjective symptom. Contact allergic reactions, such as temporary reddening of the treated area, are very rare. Revision 11/18

If any of the side effects gets serious, or if you notice any side effects not listed in this user information, please tell your doctor or pharmacist.

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