



# Clean Intermittent Catheterization – Female Skills Checklist

Person Trained \_\_\_\_\_ Date of Training \_\_\_\_\_

Instructor \_\_\_\_\_

<i>Explanation/Return Demonstration</i>	<i>Expl./Demo. Date</i>	<i>Expl./Demo. Date</i>	<i>Expl./Demo. Date</i>
A. States name and purpose of procedure.			
<b>B. Preparation:</b>			
1. Identifies student's ability to participate in procedure			
2. Reviews universal precautions			
3. Identifies where/when procedure is done			
4. Identifies proper positioning for procedure			
5. Identifies body parts:			
a. Labia			
b. Urethra			
6. Identifies possible problems and appropriate actions.			
<b>C. Identifies needed supplies:</b>			
1. Catheter			
2. Gloves			
3. Lubricant			
4. Cleansing supplies			
5. Container to collect urine			
<b>D. Procedure:</b>			
1. Washes hands			
2. Assembles equipment			
3. Assists student with clothing removal/adjustment and explains procedure			
4. Positions student properly			
5. Puts on gloves			
6. Lubricates catheter and places on clean surface			
7. Cleans			
a. Opens labia			
b. Cleans from top of labia down towards rectum			
c. Using clean supplies each time, repeats cleaning procedure three times			
8. Inserts well-lubricated catheter into urethra with consistent pressure until urine flows (if muscle spasm occurs, stop momentarily and then try again use slow, even pressure) <b>Never force a catheter</b>			
9. Allows urine to flow by gravity into the collecting container or toilet			
10. Rotates catheter so that catheter opening reaches all bladder areas			
11. When urine stops flowing, pinches catheter and withdraws slowly			
12. Removes gloves and washes hands			
13. Assists student with dressing			
14. If ordered, observes for urine abnormalities,			

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measures volume and records findings			
15. Discards urine and disposable equipment properly			
16. Washes any equipment that is to be used again			
17. Documents procedure and observations			
18. Reports any changes/abnormalities to School Nurse			