

Standard Operating Procedure (SOP) for
removal of indwelling urethral catheter (adult patients)

Document Details		
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1	Oct 2023	New Standard Operating Procedure

Standard Operating Procedure for removal of indwelling urethral catheter (adult patients)

<p>Equipment: Disposable procedure sheet Non-sterile nitrile gloves Sterile 10ml syringe Single use apron Alcohol hand gel</p> <p>Check that all items are within their expiry date and that packaging is undamaged</p>
<p>Explain the procedure to the patient including the consideration of a chaperone, and gain consent</p>
<p>Decontaminate hands and put apron and gloves on</p>
<p>Prepare the patient, maintaining their dignity Procedure sheet underneath their bottom, underwear removed Male patients – with legs extended Female patients – with knees flexed and hips externally rotated</p>
<p>Release urine drainage bag / catheter valve, and support straps / fixation devices If catheter valve is being used, drain the bladder If urine drainage bag is being used, empty it</p>
<p>Attach syringe to inflation port with a firm push and twist motion, and slowly deflate catheter balloon Allow the water to flow into the syringe naturally. Do not pull back on the syringe as this may increase the risk of ridges forming on the deflated balloon (Due to osmosis, there may be less water present in the catheter balloon, than the initial volume used to inflate the balloon)</p>
<p>Male patients – extend the penis at 90 degrees to the patient's abdomen Withdraw the catheter gently, as the patient exhales, without using any force It may help to ask the patient to bear down gently as if they are trying to pass urine, as the catheter is removed</p>
<p>If the catheter is due to be replaced straight away, check condition of the removed catheter Consider cutting the removed catheter lengthways, to check for encrustation in the lumen</p>
<p>Ensure that the genital area is clean and that the patient is comfortable and dry</p>
<p>Dispose of waste, remove gloves and apron. Decontaminate hands</p>
<p>If catheter is not being replaced, follow the Trust Trial Without Catheter (TWOC) Policy</p>
<p>Seek advice from other health care professionals about any clinical concerns, queries or outcomes</p>
<p>Record consent, procedure and outcomes in the patient's catheter care pathway or TWOC pathway documentation Complete / update the patient's Catheter Card</p>