

URINARY CATH TIPS AND TROUBLESHOOTING- Vulva Urethra

General Tips

- Have extra catheters on hand including some that are 1 size smaller
- For both penile and vulva urethra, if you are meeting resistance, do not keep trying to pass the catheter, as it will cause the sphincter to spasm and not relax
- For both penile urethra or vulva urethra, if you are meeting resistance, stop and have the child take a deep breath to try to relax the area.

Vulva Urethra

- If having trouble visualizing the urethra, have child bare down and try to urinate and see if you can see a few drips of urine come out
- Separate labia and pull up and back around clitoral area/pubic bone (it elongates the area and separates the urethra opening and vaginal opening)
- Roll a towel and place it under the hips/sacral area
- The urethra slopes upward towards the bladder, don't force the catheter, instead, feed it so it follows that upward slope
- If you insert catheter into vagina, leave that catheter in, it will be a great tool for land marking
- If you insert into the vagina, do not attempt to insert that same catheter into the urethra as it will introduce bacteria. Use a new catheter.

Interesting fact sterile catheterization vs clean: There is not an increase in infection with clean technique. The bladder becomes colonized with that bacteria over time and it becomes its new "norm"



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