### PROCEDURE FOR CATHETERIZING A CONTINENT UROSTOMY/VESICOSTOMY/APPENDOVESICOSTOMY

#### PROCEDURE

1. Wash hands.

2. Assemble equipment:
   - Soap and water or alcohol-free towelette
   - Disposable gloves, if stoma is to be catheterized by someone other than student
   - Catheter
   - Water-soluble lubricant
   - Catheter storage bag
   - Container to collect and dispose of urine if unable to perform procedure while student sits on toilet
   - Small adhesive bandage or stoma covering if required.

3. Explain procedure at the student’s level of understanding.

4. Have student wash hands if participating in the procedure.

5. Position the student.

6. Wash hands and put on gloves.

7. Lubricate catheter tip.

8. Wash the stoma using cleansing supplies.

9. Insert the catheter into the stoma until a flow of urine occurs.

10. Leave the catheter in the stoma until the flow of urine stops.

11. Slowly pinch the catheter and remove it from the stoma.

12. Remove gloves and wash hands.

13. Reapply adhesive bandage or stoma covering to stoma.


15. Measure and record urine volume if ordered. Dispose of urine.

16. Remove gloves and wash hands.

17. Document the procedure in Healthmaster and in EasyTrac (if applicable).

#### POINTS to REMEMBER

- Familiarize yourself with the anatomical location of your student’s reservoir and individual LHCP’s orders.

- Anticipating the tasks to be done, the risks involved, and the personal protective equipment needed will enhance protection of both the caregiver and student.

- By encouraging the student to assist in the procedure, the caregiver helps the student achieve maximum self-care skills.

- Student may be lying down or sitting.

- It is important to lubricate the catheter to ensure easy passage and prevent tissue trauma.

- Make sure the other end of the catheter is either in a receptacle to catch urine or over the toilet.

- A mucus plug may stop the flow of urine. The catheter should be removed and rinsed, lubricated, and reinserted.

- Sometimes the continent urostomy will need to be gently irrigated if there is presence of persistent mucus. A LHCP’s order is needed for urostomy irrigation.
## Urostomy

### Possible Problems That Require Immediate Attention

<table>
<thead>
<tr>
<th>Observation</th>
<th>Reason/Action</th>
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<tbody>
<tr>
<td>Odor, cloudy urine</td>
<td>Fresh urine should not have an odor. If there is an odor, check for a leak around the stoma or in the pouch itself. <strong>Urinary tract infections may cause the urine to have a strong or foul smell.</strong></td>
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<tr>
<td>Leakage</td>
<td>Check to see if the pouch is too full or has a leak. Other causes include inadequate stoma care, such as inadequate adhesive or incorrect pouch size for the stoma. The continent stoma may be too full.</td>
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<tr>
<td>Bleeding from the stoma</td>
<td>The stoma is irritated very easily. This may happen if it is rubbed too hard during cleaning or nicked with a fingernail. Usually the bleeding stops quickly. If it does not, apply gentle pressure; notify the school nurse and parent/guardian.</td>
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<tr>
<td>Irritation around the stoma</td>
<td></td>
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<tr>
<td>Change in flow of urine</td>
<td>Usually this is due to improper stoma care or to inadequate barrier around the skin. Also, check that the student is not using any preparation that might be causing an allergic reaction. Contact the school nurse and parent/guardian of changes in stoma site and/or urine flow.</td>
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