INSTRUCTIONS TO PREVENT CAUTION IN PATIENTS WHO HAVE A DOCUMENTED MEDICAL NEED FOR INDWELLING URINARY CATHETER

Prevention strategies must focus on clear indications for the insertion of a urinary catheter and prompt removal when no longer necessary. When an indwelling urinary catheter is indicated, the following interventions should be in place to help prevent infection.

- Use indwelling catheters only when medically necessary
- Use aseptic insertion technique with appropriate hand hygiene and gloves
- Allow only trained healthcare providers to insert catheter
- Properly secure catheters to prevent movement and urethral traction
- Maintain a sterile closed drainage system
- Maintain good hygiene at the catheter-urethral interface
- Maintain unobstructed urine flow
- Maintain drainage bag below level of bladder at all times
- Remove catheters when no longer needed
- Do not change indwelling catheters or drainage bags at arbitrary fixed intervals
- Document indication for urinary catheter on each day of use
- Use reminder systems to target opportunities to remove catheter
- Use external (or condom-style) catheters if appropriate in men
- Use portable ultrasound bladder scans to detect residual urine amounts
- Consider alternatives to catheters, such as intermittent catheterization.