

# FOLEY INSERTION TIPS

## Preprocedure

- Verify orders
- Gather supplies
- Perform hand hygiene
- Identify patient with 2 patient identifiers (or per policy)
- Explain procedure to patient
- Raise bed to a comfortable working height

## Pro Tips

### For Female Patients

- Use your *nondominant* hand to spread the labia majora and hold them open (don't move your hand once you've held it open!)
  - Always let the patient know you're going to touch them
- Use your *dominant* hand to cleanse the meatus
  - From front to back on the right
  - Front to back on the left
  - Front to back down the center
- Look for the 'wink' of the urethral opening as you cleanse
- *More* of the actual Foley catheter will be visible outside of the body
  - Due to the shorter urinary tract of females

### For Male Patients

- Use your nondominant hand to grasp the penis and gently pull upward perpendicular to the patient's body
  - Always let the patient know you're going to touch them
- Use your dominant hand to cleanse the meatus
- Start at the meatus and cleanse in concentric circles around the shaft
  - Will have to retract the foreskin to clean the meatus
- *Less* of the actual Foley catheter will be visible outside of the body
  - Due to the longer urinary tract of males

### For all patients

- Place opened Foley tray in between patient's legs for easy access
  - Never turn your back to the tray *or* the patient
- Always secure Foley to the patient with time, date and initial applied to securing device
- Always document
  - Urine color, clarity, and amount
  - Procedure
  - Size of catheter
  - Patient's response/tolerance

## Postprocedure

- Discard all used supplies in the appropriate waste container
- Remove and dispose of gloves
- Perform hand hygiene
- Return bed to low & locked position
- Ensure patient is comfortable

