

PROCEDURE

TITLE: COUDE CATHETER INSERTION

PURPOSE: To catheterize a patient using a coude catheter when catheterization with a regular, straight urinary catheter is unsuccessful, difficult or painful.

SUPPORTIVE DATA:

1. A Coude Catheter (curved and rounded tip) allows the catheter to follow the natural curve of the urethra more easily when catheterization is difficult.
2. Difficult catheterization can include: Bladder neck contracture, previous history of prostate surgery, stricture, recessed urethra in the vagina and traumatic removal of catheter with the balloon intact, known bleeding disorders
3. A Coude Catheter may be selected if there is a suspected prostatic enlargement or after an unsuccessful attempt using a regular 16F in male patients.

EQUIPMENT LIST:

1. Coude catheter (use smallest necessary) or size ordered by physician
2. Catheter kit
3. Drainage bag
4. Gloves (sterile and non sterile)
5. Antimicrobial solution
6. Sterile barrier sheet
7. Leg strap

CONTENT: PROCEDURE STEPS KEY POINTS

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| <ol style="list-style-type: none">1. Gather equipment.2. Explain the procedure to the patient.3. Perform hand hygiene.4. Open urinary insertion kit, open coude catheter.5. Maintain sterile field and cover patient only exposing required area.6. Remove catheter contained in kit and replace with coude.7. Prep the patient according to catheterization procedure.8. Lubricate the coude catheter and apply a large mound of lubricant to the tip of the penis or insert the lubrication jelly directly into the penis.9. In male patients hold the penis in a 90° angle to the body to straighten the path of entry. | <p>Lidocaine jelly may be inserted into the urethra with a physician order. Insertion then should be delayed 2-5 minutes for the anesthetic to take effect, otherwise use lubricant in the kit. Inadequate lubrication can cause urethral trauma and pain and can also result in inability to pass the catheter through the prostatic urethra.</p> |
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10. Insert the coude with the tip up in the 12 o'clock position. The elbow on the tip of the catheter should face anteriorly to allow the small rounded ball on the tip of the catheter to negotiate the urogenital diaphragm.
11. Continue to insert the coude (as you would a regular catheter) but keeping the tip up and continue to insert until you have a urine return.
12. Insert 2-3 inches more and inflate the balloon, ensuring proper position. Proper position- let go of the catheter and it remains in place. If it slides back out you're not in position.
13. Once the balloon is inflated, note the output and connect to drainage bag if not already done.
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15. Anchor the catheter per urinary device protocol Securing the catheter to the upper thigh or the lower abdomen, decrease pressure at the penile-scrotal junction.
16. Discard equipment and cleanse the patient as needed.
17. Document size of catheter, type, any difficulty with insertion, amount/color of urine.

References:

Doughty, D. Urinary and Fecal Incontinence, Current Management Concepts, 3rd edition. (Mosby) 2006.

Shiamovitz, G. MD Medscape References: Drugs, Diseases and Procedures. Urethral Catheterization in Men, 3/29/22 printed 1/16/12