

Preventing Urinary Tract Infections Tip Sheet

- **Remember to wash your hands or use the hand sanitizer before and after the catheter insertion procedure.**
- Wash the perineal area with soap and water before the catheter insertion procedure to remove debris.
- Use soap and water to do catheter care daily and whenever necessary. Bag bath solution is not an acceptable substitute.
- Insert catheter using aseptic technique and sterile equipment; start over if you contaminate the area or the equipment
- Label the Foley bag date of insertion using a permanent marker.
- Use a Foley secure device (e.g., leg strap, tape) to secure the Foley to the leg to prevent tugging at the insertion site and possible dislodgment.
- Keep the Foley bag below the level of the bladder to assure proper drainage—**this is especially important during transport.**
- Maintain an unobstructed urine flow; check for kinking.
- Do not allow the Foley bag to lie on the floor.
- Do not let the emptying spout touch the container or floor when emptying the Foley bag; **if not done correctly it can lead to contamination of the Foley bag.**
- Check the placement of the Foley bag on the beds, **especially the new lower beds.** There are hangers at the head and foot of the beds for this purpose.
- The urine collection device should be labeled with the individual patient's name and room number, and the date of first use. **New policy is to dispose of the container every 24 hours.** Wash hands or use hand sanitizer before glove placement; after procedure remove gloves and use hand sanitizer.
- Use aseptic technique when collecting urine specimens. Collect specimens as per manufacture recommendations. Wash hands or use hand sanitizer before glove placement; after procedure remove gloves and use hand sanitizer.
- Maintain a “closed urinary system.”

For Registered Nurses

- Check the perineum and tip of the penis daily for any signs of inflammation.
- Assess the need for the Foley on a daily basis. **Decreased Foley usage can decrease the risk of a urinary tract infection.**
- On the pathway, document the date of insertion, change, or removal of the Foley.