

Collecting a Urine Specimen from a Foley Catheter

(Permission to use and adapt from Shepherd E (2017) Specimen collection 2: obtaining a catheter specimen of urine. Nursing Times 113 8:20-21. www.nursingtimes.net/clinical-archive/assessment-skills/specimen-collection-2-obtaining-a-catheter-specimen-of-urine-10-07-2017)

Indwelling urinary catheters are attached to a drainage bag to create a closed system. Breaking this closed system by disconnecting the catheter from the drainage device can increase the risk of a patient developing a catheter-associated urinary tract infection (CAUTI). Samples should not be collected from the drainage bag, as the specimen may be contaminated. Ideally, samples should be collected before antibiotics are administered as they may affect the laboratory result. A catheter specimen must be obtained from the sampling port on the catheter bag. Sampling ports are designed to be accessed directly using a Luer Lock syringe and do not require a needle.

Equipment

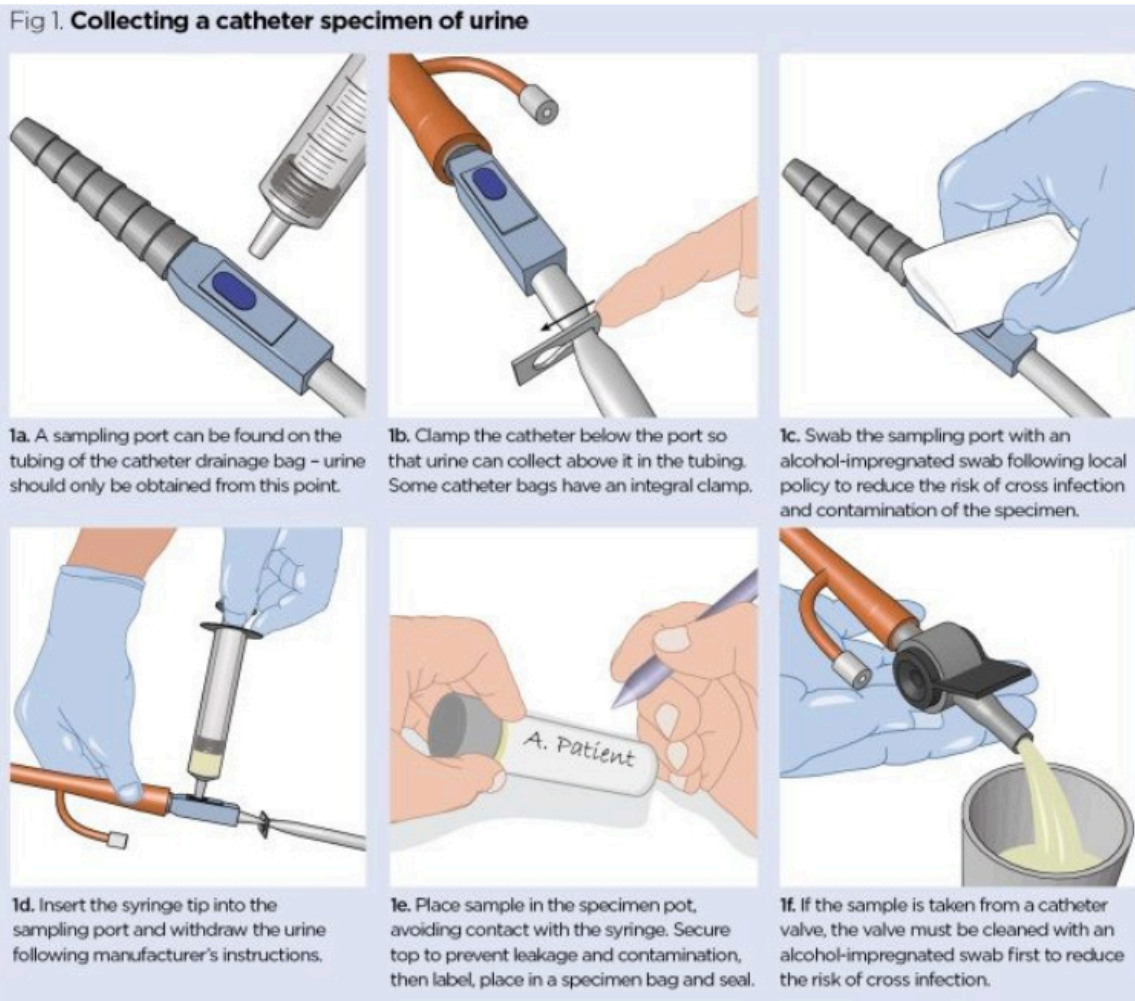
- Personal protective equipment (i.e. gloves)
- Sterile 10ml Luer Lock syringe
- Non-traumatic clamp (if catheter does not have a slide clamp)
- Sterile specimen container
- Prep wipes

Procedure

(See Figure 1 on next page)

1. Introduce yourself to the patient and verify the correct patient using two identifiers.
2. Explain the procedure to the patient and gain informed consent to obtain the specimen. Explain why the specimen is being collected, when the results will be available, and implications for treatment.
3. Ensure the patient is comfortable and that privacy and dignity is maintained throughout the procedure.
4. Wash your hands, prepare equipment, and apply personal protective equipment.
5. If taking a specimen from a sampling port (Fig 1a), check first whether there is urine in the catheter tubing. If the tubing is empty, apply a clamp approximately 3 inches below the level of the sampling port (Fig 1b). This allows urine to collect above the clamp so that a sample can be obtained.
6. Clean the sampling port with a prep wipe according to policy and allow to dry (Fig 1c).
7. Stabilize the tubing by holding it below the level of the sampling port.
8. Insert the syringe tip into the sampling port (following manufacturer's instructions) (Fig 1d). Be careful to protect the sterile syringe tip and disinfected sampling port from contamination.
9. Aspirate at least 10 mL of urine and disconnect the syringe.
10. Put the urine into a sterile specimen container, avoiding contact between the syringe and the cup (Fig 1e). Ensure the top of the specimen container is secured to prevent leakage and contamination of the specimen.
11. Wipe the sampling port with a prep swab and allow it to dry. This reduces the risk of cross infection and contamination.
12. If a clamp was used, release it to allow urine to drain freely. Failure to do this will cause the bladder to fill and can result in discomfort.
13. Remove and dispose of personal protective equipment, and perform hand hygiene.
14. Label the specimen and place in a specimen bag following policy.
15. Send the sample to the laboratory immediately or refrigerate until it can be transported to ensure accurate results are obtained.
16. Document the date and time the sample was collected.

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