

Chandler Unified School District #80  
Female Clean Intermittent Catheterization Skills Checklist

Trainee Name:	School:		
Trainer Name:	Year:		
	Random Skills Check		
Explanation/Demonstration	Performed Skill: Initial/Date	Initial/Date	Initial/Date
Verify procedure is prescribed for student.			
1. Wash Hands			
2. Assemble Equipment: a. Water soluble lubricant b. Catheter c. Wet wipes, cotton balls, gauze d. Student specific cleaning supplies e. Container for urine collection f. Gloves			
3. Position student appropriately.			
4. Wash hands and put on gloves.			
5. Lubricate tip of catheter with water soluble lubricant and place on clean surface.			
6. Separate labia and hole open with two fingers. Cleanse in direction from tip of labia toward the rectum.			
7. Wash three times – once on each side and once down the middle. Use a separate clean wipe or cotton ball each time.			
8. Locate urinary meatus. Gently insert catheter until there is urine.			
9. When urine flow stops, insert catheter slightly further. If no more urine is obtained, withdraw catheter slightly and spin the catheter so the openings have reached all areas of the bladder.			
10. When bladder is completely empty, pinch catheter and withdraw.			
11. Measure and record urine volume if ordered. If not, dispose of urine, clean equipment, and store appropriately.			
12. Document catheterization on clean intermittent catheterization log sheet.			
Performed Tasks Appropriately (Yes or No, If No further evaluation required):			

*\*Initial and date in space beside each skill indicates procedure has been demonstrated in a competent manner.*

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Trainee Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Trainer Signature

\_\_\_\_\_  
Date