My 5 Moments for Hand Hygiene: Focus on caring for a patient with a urinary catheter

World Health Organization, Available at: http://www.who.int/gpsc/5may/hh-urinary-catheter_poster.pdf
**My 5 Moments for Hand Hygiene**

**Focus on caring for a patient with a Urinary Catheter**

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### 1. Before Touching a Patient

**CLEAN YOUR HANDS WHEN HANDLING A URINARY CATHETER AND DRAINAGE SYSTEM**

**Immediately before** any manipulation of the urinary catheter or drainage system that could lead to contamination of the sterile urine, such as:

- 2a. Inserting or applying an indwelling, intermittent straight, or condom catheter; immediately before putting on sterile gloves
- 2b. Accessing the drainage system to collect a urine sample or to empty the drainage bag

**WHY?** To protect the patient against harmful germs, including the patient’s own, from entering his/her body.

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### 2. Before Clean/Aseptic Procedure

**CLEAN YOUR HANDS WHEN HANDLING A URINARY CATHETER AND DRAINAGE SYSTEM**

**Immediately after** any task involving the urinary catheter or drainage system that could lead to urine exposure, such as:

- 3a. Collecting a urine sample
- 3b. Emptying the drainage bag
- 3c. Removing the urinary catheter

**WHY?** To protect yourself and the health-care environment from harmful patient germs.

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### 3. After Body Fluid Exposure

**CLEAN YOUR HANDS WHEN HANDLING A URINARY CATHETER AND DRAINAGE SYSTEM**

**Immediately after** any task involving the urinary catheter or drainage system that could lead to urine exposure, such as:

- 3a. Collecting a urine sample
- 3b. Emptying the drainage bag
- 3c. Removing the urinary catheter

**WHY?** To protect yourself and the health-care environment from harmful patient germs.

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### 4. After Touching a Patient

**CLEAN YOUR HANDS WHEN HANDLING A URINARY CATHETER AND DRAINAGE SYSTEM**

**Immediately before** any manipulation of the urinary catheter or drainage system that could lead to contamination of the sterile urine, such as:

- 2a. Inserting or applying an indwelling, intermittent straight, or condom catheter; immediately before putting on sterile gloves
- 2b. Accessing the drainage system to collect a urine sample or to empty the drainage bag

**WHY?** To protect the patient against harmful germs, including the patient’s own, from entering his/her body.

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### 5. After Touching Patient Surroundings

**CLEAN YOUR HANDS WHEN HANDLING A URINARY CATHETER AND DRAINAGE SYSTEM**

**Immediately after** any task involving the urinary catheter or drainage system that could lead to urine exposure, such as:

- 3a. Collecting a urine sample
- 3b. Emptying the drainage bag
- 3c. Removing the urinary catheter

**WHY?** To protect yourself and the health-care environment from harmful patient germs.

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### 5 Key Additional Considerations for a Patient with a Urinary Catheter

- Make sure that there is an appropriate indication for the indwelling urinary catheter.
- Use a closed urinary drainage system, and keep it closed.
- Insert the catheter aseptically using sterile gloves.
- Assess the patient at least daily to determine whether the catheter is still necessary.
- Patients with indwelling urinary catheters do not need antibiotics (including for asymptomatic bacteriuria), unless they have a documented infection.

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### World Health Organization

**SAVE LIVES**

Clean Your Hands

**No Action Today**

No Cure Tomorrow

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