Fig 2-7. The procedure

2. After risk assessment prepare the patient and the equipment for the procedure

3. Clean the glans penis with 0.9% sodium chloride

4. Instil lubricating or anaesthetic gel into the penis to reduce pain and/or urethral trauma

5. Use your dominant hand to insert the catheter into the urethral meatus

6. Insert catheter almost to its bifurcation before inflating the balloon to ensure it has cleared the prostatic bed and is in the bladder

7. Inflate the balloon and connect to a drainage device or catheter valve