Key Steps — Foley catheter insertion — women and men

The key steps for this skill, in the order they are demonstrated in the video. Part of our Catheters, Tubes & Elimination skills collection.

- [ ] 1. Confirm the order, explain the procedure to the patient, and provide privacy.
- [ ] 2. Perform hand hygiene, then set up the sterile catheter kit and the drainage bag.
- [ ] 3. Position the patient and place the sterile drape.
- [ ] 4. Put on sterile gloves and prepare the cleaning wipes, lubricant and catheter on the sterile field.
- [ ] 5. For a woman: cleanse with a fresh sterile wipe on each side, then once down the middle.
- [ ] 6. Lubricate the tip of the catheter with water-soluble gel.
- [ ] 7. Spread the labia, identify the urethral opening just below the clitoris, and gently insert the catheter — never force it.
- [ ] 8. Advance slowly until urine flows back, confirming the catheter is in the bladder.
- [ ] 9. Inflate the balloon with the volume marked on the catheter port, then pull back gently until you feel resistance.
- [ ] 10. For a man: cleanse the glans, hold the penis perpendicular to the body, lubricate the catheter generously and advance it. Resistance at the prostate is normal — hold steady, never force, until the sphincter relaxes and the catheter passes, and urine returns.
- [ ] 11. Connect the drainage system, keep the bag below the level of the bladder, and anchor the catheter to the inner thigh, allowing a little slack.
- [ ] 12. Tidy away the kit, make the patient comfortable, and document the insertion.

Watch the demonstration: medicalvideos.com/watch/foley-catheter-insertion-in-men-and-women-step-by-step-guide_TDdhQJ2aD44LHy1YVah4.html • More Catheters, Tubes & Elimination skills: medicalvideos.com/nursing/catheters-tubes.html

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Steps summarise this demonstration for education and do not replace your institution's protocol, which always governs. Content reviewed by Dr. Mohamed Ibrahim, MD, PhD — physician-scientist. October 2026.