Obtaining a Urine Specimen from a Foley Catheter

**REASON FOR PROCEDURE:**
So your client has an indwelling urinary catheter (Foley) and the nurses asks you to obtain a urine specimen and send it to the lab.....how do you accomplish this?

a) *Just empty some of the urine from the Foley bag into the specimen container and send to the lab?*

Not a good idea. That urine has been collecting in the bag can contain bacteria – which can give incorrect data about urine directly from the bladder

b) *Disconnect the catheter tubing from the drainage bag and obtain the specimen*

Well, this would keep the bacteria from the urine bag out of the picture – but now you have opened up that closed drainage system and this may cause a CAUTI

c) *Use aseptic technique and remove urine from the catheter tubing with a needleless syringe?*

**YES!!! This is correct.** By using aseptic technique you can obtain the specimen without compromising the client. Let’s learn how to do that:

You can obtain a sample of urine from a client with an indwelling urinary catheter using the sample port. The sample port is found about the collection bag and close to the Foley and tubing connection.

**EQUIPMENT NEEDED:**
Gloves, needleless 15 – 15 ml syringe, alcohol swabs, and sterile specimen container catheter clamp (prn)

**PROCEDURE:**

<table>
<thead>
<tr>
<th>Action</th>
<th>Rationale</th>
</tr>
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<tbody>
<tr>
<td><em>Hand washing and gloves application is assumed</em></td>
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<tr>
<td>Explain procedure to client</td>
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<tr>
<td>Fold or clamp drainage tubing about 4 inches below junction of drainage tubing and catheter</td>
<td>This will allow urine to pool in tubing for ease in obtaining specimen</td>
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<tr>
<td>If urine does not pool in tubing immediately, leave it clamped for urine to collect over a period of time (usually 10 to 15min).</td>
<td>Be sure to unclamp after 10 – 15 minutes and prn if client c/o discomfort.</td>
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<tr>
<td>Cleanse specimen collection port of drainage tubing with alcohol swab and friction for approx 10 – 15 seconds</td>
<td>You must use aseptic technique to ensure the port is clean and without pathogens before you insert the syringe</td>
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<tr>
<td>Carefully insert sterile syringe into specimen collection port. Be sure syringe is locked into place (insert syringe and twist)</td>
<td>If the syringe is not “locked” into place it may come apart before you obtain the specimen</td>
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<tr>
<td>Pull back on plunger of syringe and obtain 3 to 10 ml of urine</td>
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<tr>
<td>Slowly squirt urine into sterile specimen collection container; do not touch inside of specimen container</td>
<td>To prevent contamination</td>
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<tr>
<td>Take/Send specimen to lab</td>
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<tr>
<td>Report any abnormal findings to the nurse</td>
<td>For follow-up and/or assessment</td>
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