

Peri care/Foley care

- ✓ **WASH HANDS prior to donning gloves and performing peri care**
- ✓ Peri care is done at 10-22 also with any incontinence of the patient. Then charted in One Chart
- ✓ Peri care MUST be done prior to insertion of ALL catheters and charted in One Chart

PERI- care

- Peri care includes: 4 wash cloths, non-CHG foam soap, plastic bag with warm water.
(NOTE: you will have a 5th wash cloth to use when and if doing catheter care)
 - **FEMALE**
 - Wash cloth 1: Wipe inner aspect of thighs, far thigh then turn wash cloth and wipe the close thigh
 - Wash cloth 2: Wipe the far labia (front to back), turn the cloth to the other side and wash the close labia
 - Wash cloth 3: Wipe from front to back the perineum from above the clitoris to the vagina
 - Wash cloth 4: Turn the patient on their side, wash from front to back from the vagina past the rectum
 - **MALE**
 - Wash cloth 1: Wipe inner aspect of thighs, far thigh then turn wash cloth and wipe the close thigh
 - Wash cloth 2: Wash the penis from the meatus to the glans
 - Wash cloth 3: Wash the remainder of the penis and scrotum
 - Wash cloth 4: Turn the patient on their side, wash from behind the scrotum past the anus

FOLEY care: (5TH wash cloth)

1. Remove gloves from peri-care
2. Wash hands
3. Apply new gloves
4. Wash cloth 5: Anchor the catheter with one hand and clean the catheter where it exits the urethra by wrapping the catheter in the washcloth and using a twisting motion
5. Move your hand to where you just cleaned and wash the remainder of the catheter to the catheter- tubing junction