On your mark, get ready. Flow!

Pre-Insertion

1. Obtain assistance PRN to facilitate appropriate visualization/insertion technique.
2. Perform hand hygiene, don clean gloves.
3. Perform peri-care, remove gloves, then, re-perform hand hygiene.

Insertion

Maintain strict aseptic technique throughout the actual indwelling urinary catheter insertion procedure, re-perform hand hygiene upon completion.