

Chapter 29: Urinary Elimination

Straining Urine			
		Name:	
		Date:	
<i>Remember to promote:</i>			
Dignity • Independence • Individualized Care • Preferences • Privacy • Safety			
Pre-Procedure	S	U	Comments
1. Identify the client, according to employer policy.			
2. Explain the procedure to the client. Also, explain that the urinal, bedpan, commode, or specimen pan (also known as a <i>specimen hat</i>) is used for voiding.			
3. Practise proper hand hygiene.			
4. Collect the following:			
<input type="checkbox"/> Strainer and 10 x 10 cm (4 x 4 in.) gauze			
<input type="checkbox"/> Specimen container			
<input type="checkbox"/> Urinal, bedpan, commode, or specimen pan (also known as a <i>specimen hat</i>)			
<input type="checkbox"/> Two labels stating that all urine has been strained			
<input type="checkbox"/> Gloves			
<input type="checkbox"/> Plastic bag			
Procedure	S	U	Comments
5. Arrange items in the client's bathroom. Place the specimen pan (also known as a <i>specimen hat</i>) in the toilet (see FIGURE 29.22).			
6. Place one label in the bathroom. Place the other near the bed.			
7. Put on gloves.			
8. Offer the bedpan or urinal, or assist the client to the bedside commode or bathroom.			
9. Provide for privacy.			
10. Tell the client to call you after voiding.			
11. Remove gloves. Practise proper hand			

hygiene.			
12. Return when the client calls you. Knock before entering the room.			
13. Practise proper hand hygiene. Put on gloves.			
14. Place the strainer or gauze over the specimen container.			
15. Pour urine into the specimen container. Urine passes through the strainer or gauze (FIGURE 29.26).			
16. Discard the urine.			
17. Place the strainer or gauze in the container if any crystals, stones, or particles appear.			
18. Provide perineal care if needed.			
19. Clean and return equipment to its proper place.			
20. Remove soiled gloves. Practise proper hand hygiene.			
21. Help the client with hand washing.			
22. Repeat proper hand hygiene.			
Post-Procedure	S	U	Comments
23. Provide for safety and comfort.			
24. Place the call bell within reach.*			
25. Follow the care plan for bed rail use.*			
26. Remove privacy measures.			
27. Label the specimen container with the requested information. Put the container in the plastic bag. (Wear gloves for this step.)			
28. Practise proper hand hygiene.			
29. Follow your agency policies or your supervisor's instructions for storage and transportation of the specimen.			
Report and Record your actions and observations, according to employer policy.			
<i>*Steps marked with an asterisk may not apply in community settings.</i>			