

16 Men

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Male catheterisation



Attention

- Male practitioner should do this procedure, if possible
- Tell person that insertion of catheter will cause discomfort

Never force catheter into urethra.

What you need

- Catheter drainage bag if needed
- Sterile dressing pack
- **Normal saline**
- Water-based lubricant *OR* anaesthetic gel *OR* **lignocaine** catheterisation gel in pre-filled syringe
- Urinary catheter with a balloon, or in/out type
 - Smaller the urethra, smaller the catheter, eg 14G or 16G for most men, 12G or less for younger boys
- 10ml syringe
- 10ml sterile water
- Clean or sterile dish/bowl to catch urine
- Sterile gloves
- Blueys
- Sterile specimen jar, if needed
- Forceps (ones in dressing pack usually too small)

What you do

- Put urine drainage bag nearby — pinned onto side of bed/couch
- Lie man on bed and put blueys under his bottom. Keep upper body covered
- Lay out dressing pack and equipment
- Open catheter outer packet, drop catheter onto sterile area, but don't open inner plastic covering yet
- Fill 10ml syringe with sterile water to blow up catheter balloon (check amount on side of catheter). Be sure to keep tip sterile
- Wash hands and put on sterile gloves
- Put sterile kidney dish between legs
- Clean penis with **normal saline**, drape with sterile towels
- Hold penis upright and gently squirt **lignocaine** gel into urethra. Wait about 5 minutes for it to work before moving to next step

- Pull end off plastic cover to expose tip of catheter. **Do not** touch tip
- Hold catheter with forceps or by plastic cover so you don't touch it. Put into urethra — F 16.1
- Gently push catheter in until urine flows into dish/bowl
- Only let about 500ml flow into dish/bowl, then clamp or kink catheter. After 5–10 minutes, release and let flow finish
- Collect urine specimen if needed (*p385*), do U/A
- If catheter to stay in
 - Fill balloon with sterile water
 - Connect urine drainage bag
 - Tape catheter to inner thigh to stop it pulling when man moves
 - Unpin catheter bag from side of bed/couch, pin to clothes or hang from edge of bed
 - Record urine output



16.1

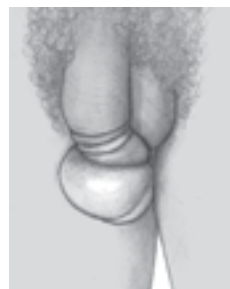
Reduction of a tight foreskin (paraphimosis)



Emergency procedure to loosen retracted, uncircumcised foreskin that has tightened around penis (constricting ring), causing glans to swell — F 16.2

Attention

- Can usually do manual reduction in boys. More difficult in men
- Paraphimosis and reduction can be very painful — give pain relief or light sedation



16.2

- If very painful — do ring block
 - **Do not** use local anaesthetic with adrenaline
 - **Do not** give more than maximum dose of anaesthetic, especially to children
- **If you can't do reduction** — send to hospital

What you need

- Ice pack (eg crushed ice in disposable glove)
- Gauze
- Water-based lubricant
- Small needle, eg 23G
- **If doing ring block**
 - **Lignocaine** without adrenaline. Maximum dose $3\text{mg/kg} = 0.33\text{ml/kg}$ of **lignocaine 1% OR** 0.16ml/kg of **lignocaine 2%**
 - Sterile dressing pack
 - **Chlorhexidine** antiseptic solution
 - 5–10ml syringe
 - 21G needle for drawing up solution
 - 25G needles for injection
 - Sterile gloves



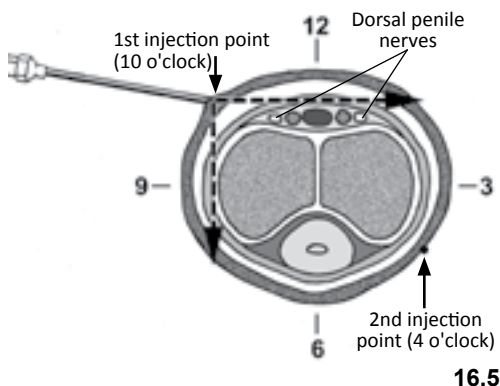
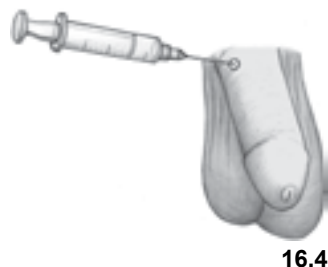
16.3

What to do

- While you are getting ready, apply ice pack
- Lubricate head of penis
- Using gauze pads, grip penis over swelling with firm pressure. Hold until swelling goes down (patient can do this)
- Reduce tight foreskin by pushing back on head of penis with thumbs and pulling foreskin forward with fingers — F 16.3
- **If too painful** — give penile ring block then use puncture technique

Penile subcutaneous ring block

- Draw up **lignocaine**
- Make small SubCut skin wheal at 10 o'clock position at base of penis — F 16.4, F 16.5 first injection point
 - Move needle across penis just under skin toward 2 o'clock position — F 16.5 horizontal dotted line. Tip of needle should move freely
 - Pull back on plunger (aspirate) to make sure you haven't entered column of erectile tissue (corpora cavernosa)
 - Inject $\frac{1}{4}$ of **lignocaine** (for adult about 3–5ml) as you move needle back from 2 o'clock to 10 o'clock position
- When back at 10 o'clock position, without taking needle out, swivel and move it down towards 8 o'clock position — F 16.5 vertical dotted line
 - Inject $\frac{1}{4}$ of **lignocaine** as you move needle back from 8 o'clock to 10 o'clock position
- Take needle all the way out
- Complete nerve block by repeating on other side so all 4 quadrants anesthetised. Insert needle at 4 o'clock — F 16.5, second injection point



Puncture technique

- Using 23G needle, make small punctures holes all the way around swollen foreskin — F 16.6
- Use gentle but firm pressure to squeeze out excess fluid — F 16.7
- Keep doing this until swelling goes down. Can take several minutes
- Reduce tight foreskin by pushing back on head of penis with thumbs and pulling foreskin forward with fingers — see F 16.3 (p500)
- Put on dressing, ask to come back the next day for review
- Bathe daily in clean warm water

Note: If manual reduction doesn't work — may need to do dorsal slit (p502)



Dorsal slit (phimotic ring incision)



Emergency procedure to loosen retracted uncircumcised foreskin that has tightened around penis (constricting ring) causing glans to swell — F 16.2 (*p500*). Only use if reduction methods (*p500*) failed.

Attention

Make sure you cut directly on top of constricting ring.

Do not cut too deeply — may damage penile shaft.

What you need

- Sterile gloves
- Sterile non-stick dressing and tape
- Sterile No. 23 scalpel blade and handle
- Equipment for ring block (*p500*)

What you do

- Lay out dressing pack and equipment
- Wash hands, put on sterile gloves
- Clean site, drape with sterile towels
- If ring block (*p501*) not already done — do now
- Use scalpel to cut at 12 o'clock position, at right angles (perpendicular) and directly on top of constricting ring — F 16.8
- Ring will spring open when cut, diamond shaped wound will appear — F 16.9
- Now move foreskin down over end of penis
- Put on dressing, ask him to return daily
- Bathe daily in clean warm water



16.8



16.9

Male body charts



16.10



16.11



16.12



16.13



16.14



16.15



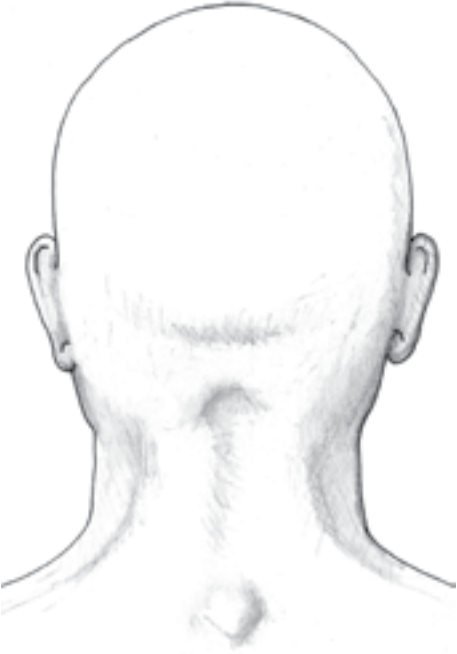
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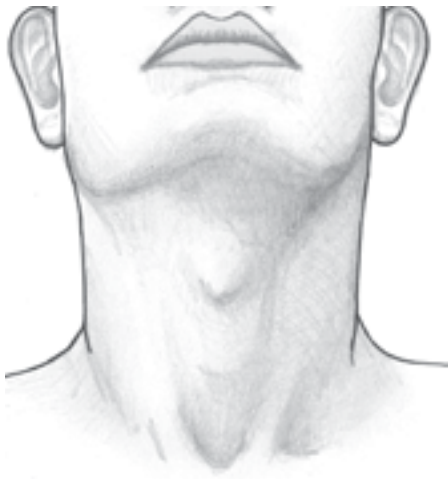


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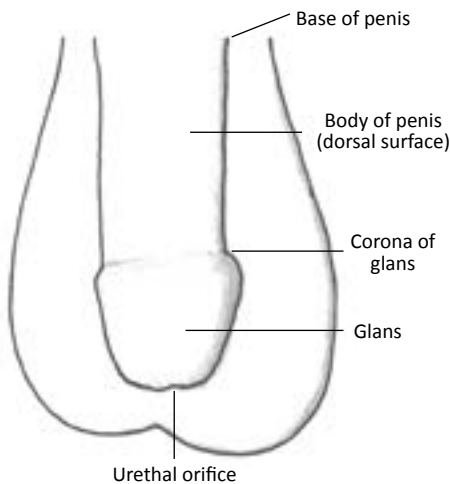
Clinical Procedures Manual for remote and rural practice, 3rd ed (2014), updated 30-Sept-2014.
Note: Online versions of the manuals are the most up-to-date.



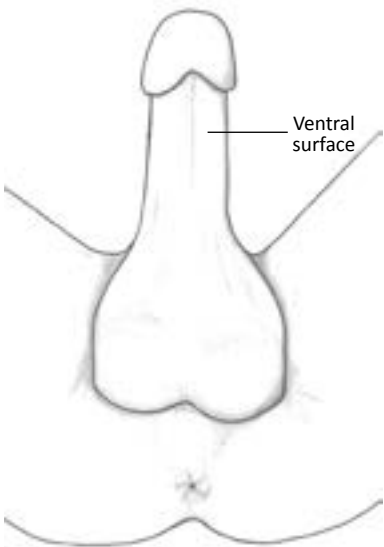
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