

Catheter Care

How to Care for a Urinary Catheter

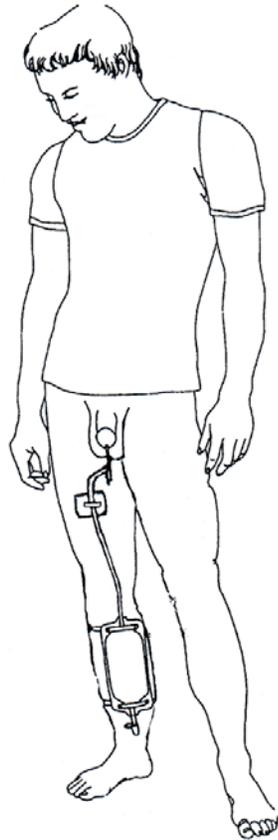
Ensure patient/client is provided with any available product specific instructions along with this booklet.

About Your Catheter

Your urinary catheter allows for urine drainage from your bladder. A small balloon on one end of the tube holds it inside your bladder.

Your catheter is connected to drainage tubing. This leads to a drainage bag. During the day, you may use a leg bag. It straps around your calf, as shown in the picture. This lets you move around more easily. You must empty the leg bag every three to four hours.

At night you will connect the catheter to a drainage bag called a night bag.



Guidelines for Caring for Your Catheter:

Use soap and warm water to wash yourself around the catheter. This will help keep the area from becoming irritated or infected. Rinse well, pat dry.

- Men may apply Vaseline to the tip of the penis. To prevent or relieve irritation of the skin surrounding the catheter.
- Never pull on your catheter for any reason.
- Do not disconnect tubing for any reason unless changing to a leg bag.
- The drainage bag should be changed when your catheter is changed. It should also be changed if the bag is odorous, discoloured or if it leaks.
- Drink between eight and ten 8-ounce glasses of fluid each day.
- Contact the doctor immediately if you have problems such as:
 - ✓ urine leakage around the catheter
 - ✓ pain and fullness in your bladder
 - ✓ scanty urine flow
 - ✓ blood or particles in your urine
 - ✓ sign of infection, cloudy, smelly urine, fever and chills.

Note: For patients having a catheter longer than 6 weeks, always keep a spare foley catheter and drainage bag at hand. Your doctor will tell you how often your catheter should be changed and a nurse will assist you to do this.

Record of Supplies: back of booklet

Emptying the Leg Bag

Wash your hands with soap and water before and after handling the catheter.

To empty the leg bag:

- Open the clamp to drain out all of the urine. If your doctor tells you, drain the urine into a measuring container, so you can record the amount. Otherwise drain the urine into the toilet and then close the clamp. Do not touch the drain port with your fingers or with the container. Ensure that the clamp at the bottom of the bag is in the closed position, after emptying, to prevent urine leakage
- Empty the leg bag at least every three to four hours or more often as required.
- Refer to the specific product instructions provided with your leg bag for more information'

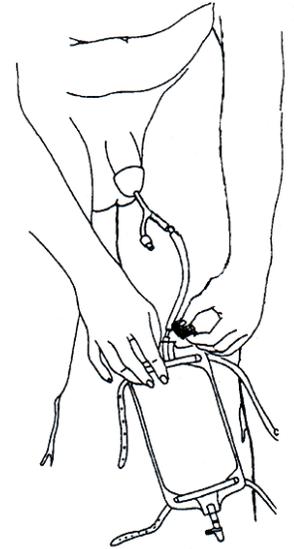


Preparing for Bed

Before you go to bed, replace the leg bag with the larger night bag drainage system. This bag holds more urine. You won't have to worry about emptying the drainage bag during the night.

To replace the leg bag:

- empty your leg bag
- Clean the connection ports with an aseptic such as an alcohol wipe
- disconnect the leg bag from the extension tubing
- connect the night drainage bag and tubing to the extension tube.



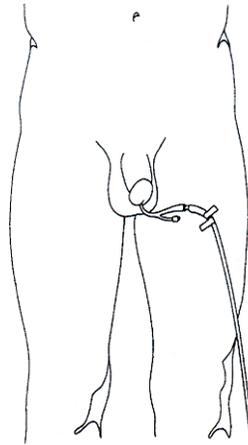
Decide which side of the bed that you want to hang the drainage bag from. Tape the drainage tubing to your thigh on that side. You may have to shave your skin in that area. Leave some slack in the line so that you won't pull on the catheter when you move your leg.

You should tape the drainage tubing to the inner thigh, as shown in the picture.

After you have disconnected the leg bag, wash it in soap and water. Rinse the bag thoroughly with a solution of white vinegar and water. Use 1¼ cups of vinegar to 2 quarts of water. This will reduce urine odor.

Note: Hang the bag and tubing to dry. Often it is easy to clean the bag in an area with a large sink. Such as the laundry room or the bathtub.

When you get into bed, arrange the drainage tubing so that it doesn't kink or loop. Place a bucket or large pan under the bag in case of leakage. Then hang the drainage bag inside the bucket. Be sure you keep the drainage bag below your bladder level at all times, whether you are lying down, sitting or standing up.

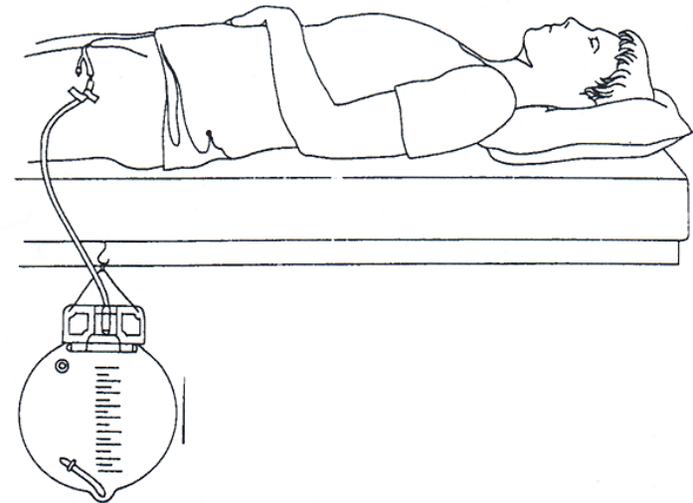


In the Morning

When you are ready to reconnect the leg bag in the morning, empty the night-bag system. Then repeat the steps you took when you connected the night-system bag last night. But this time, use the leg bag instead. Ensure that the clamp on the bag is in the closed position prior to attaching to system, to prevent urine leakage. Remember to empty the night bag before you disconnect it.

To clean the night-bag system, follow the cleaning instructions for the leg bag.

Note: You may get supplies at drug stores and medical equipment stores.



Record of Supplies

For patients having a catheter longer than 6 weeks you will need to purchase your own supplies. With the assistance of your physician or the nurse record & check off the supplies needed.

You can purchase supplies at most drug stores and medical supply stores.

Type of Catheter _____

Size of Catheter _____

- Day Bag
- Night Bag
- Extension Tubing
- Catheter-Secure
- Alcohol Wipes

Frequency of Catheter Changes

When you go home with your new catheter an appointment will be set up for your catheter change with either your physician or with a Community Registered Nurse.

The frequency of how often your catheter is changed depends on the type of catheter you have.

Your catheter is due to be changed next on: _____

Your catheter is changed every _____ weeks or _____ month(s)

Your catheter bags are changed every _____ weeks or sooner if needed.

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