

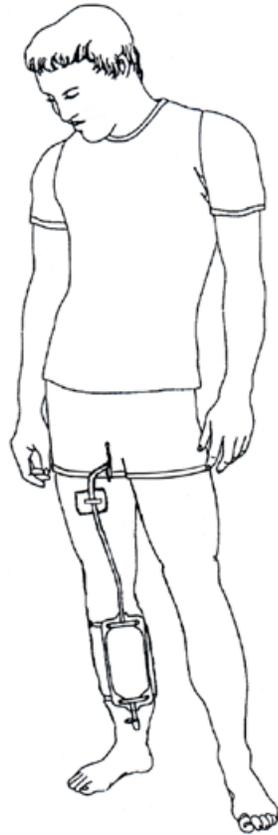
Urinary Catheter Care & Removal at Home

You have been sent home with a
urinary catheter that you will remove
on _____ morning.

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 connects to drainage tubing. This leads to a drainage bag. Depending on your doctor's preference, you may use a leg bag which straps around your calf, or a larger drainage bag. You must empty a leg bag every 3 to 4 hours.



Caring for Your Catheter

- Wash your hands with soap and water before and after handling the catheter, tubing or bags.
- Wash the area between your legs and around the catheter, at least once a day with mild soap and water. This will help prevent irritation or infection. 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.
- Keep the tubing free of kinks. Avoid pulling or tugging on the catheter.
- Keep drainage bag below bladder level so urine drains in a “downhill” direction.
- Secure the catheter tubing to the leg with tape. If using a leg bag, secure it to the leg with straps.
- Do not disconnect tubing for any reason unless changing to a different bag.
- When the bag is half full, empty it into the toilet. **DO NOT** let the end of the bag touch the toilet.
- Drink between 8 and 10 glasses of fluid each day. Heart or kidney patients should check with their doctor about the correct amount of fluid.
- The drainage bag should be changed when your catheter is changed. It should also be changed if the bag is odorous, discoloured or leaking.

- Contact the doctor immediately if you have problems such as:
 - urine leakage around the catheter
 - catheter blocks
 - pain and fullness in your bladder
 - scanty urine flow
 - blood or particles in your urine
 - signs of infection, cloudy, smelly urine, fever or chills.

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

Emptying the Bag

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

- Open the clamp and drain out all 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.
- If you have a leg bag, empty it every 3 to 4 hours or more often as required.



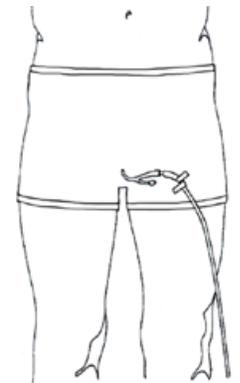
Preparing for Bed

- Empty your bag.
- If the catheter is staying in for several days, you may want to replace a leg bag with the larger drainage bag.

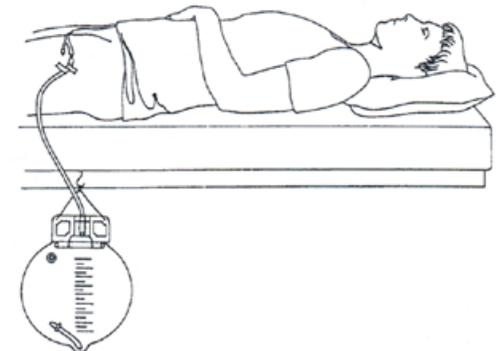
To replace the leg bag:

- Disconnect the bag from the tubing
- Connect the larger drainage bag to the tubing
- Decide which side of the bed that you want to hang the drainage bag.

- 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 in bed.



- If catheter is staying in for longer than 6 weeks, wash the used leg bag in soap and water. Rinse thoroughly with a solution of 1¼ cups vinegar in 8 cups (2 quarts) of water to reduce the odour.
- When you get into bed, arrange the drainage tubing so that it doesn't kink or loop. Place the cardboard stand holding the drainage bag beside the bed. Be sure you keep the drainage bag below your bladder level at all times, whether you are lying down, sitting or standing up.



Removal of Catheter

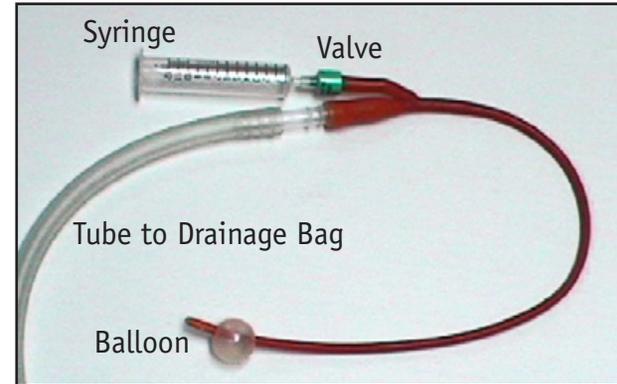
To remove the catheter, follow the steps below using the diagram as a guide:

1. Wash hands well.
2. Sit on the toilet.
3. Put syringe into catheter valve and push in securely. Water will run out into toilet.
4. Once water has stopped flowing out of syringe (about $\frac{1}{2}$ to 1 ounce) stand up and pull gently on the catheter. It should come out easily.

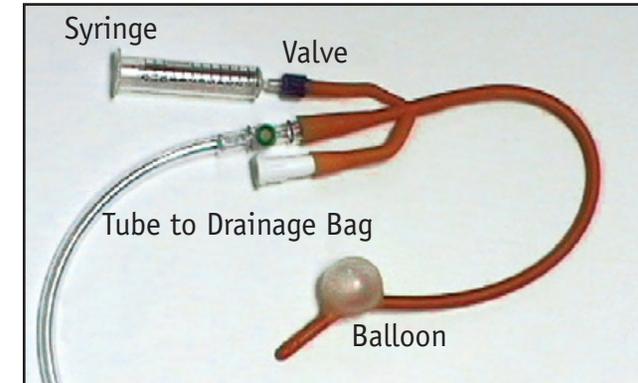
* **If your urine is red, leave the catheter in for another day.***

- After your catheter has been removed, it is important to continue to drink plenty of fluids (1 glass per hour). You may feel a burning sensation when first urinating, this is normal and will decrease with time.
- If you have difficulty passing your urine after removing the catheter, sitting in a tub of warm water can help. If you are still unable to urinate after 6 hours or your bladder feels full, phone your doctor or go to the emergency department.
- If you meet any resistance while removing the catheter, stop and call your doctor.

2-Way Catheter



3-Way Catheter



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