

# Going Home with a Urinary Catheter and an All in One Day/Night Drainage Bag

Doctor: \_\_\_\_\_

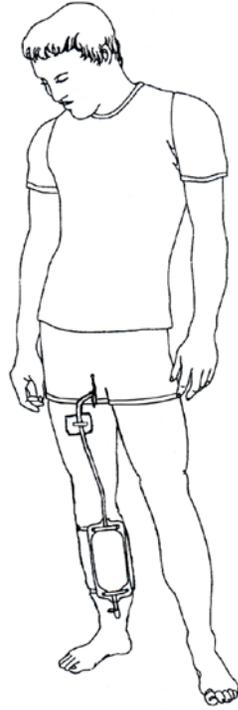
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## About Your Catheter

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A urinary catheter is a small tube that goes through your urethra and into your bladder. This tube then drains the urine made by your kidneys. A small balloon on one end of the tube holds it inside your bladder.

**Your catheter connects to tubing and then a drainage bag.**



## Caring for Your Catheter

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- Wash your hands with soap and water before and after handling the catheter, tubing or bags. This is the most important step in preventing the spread of infection.
- Wash the area between your legs and around the catheter or if able have a shower at least once a day with mild soap and water. Rinse well and pat dry. This will help prevent irritation or infection. Prior to showering, cover your drainage bag with plastic wrap to prevent it from getting wet. If your catheter was inserted for a urology surgery, you may experience some minor blood in your urine as well as discharge/oozing around the catheter.
- Always wipe from the front to the back when washing or after a bowel movement.
- For women menstruating, change a tampon or peri pad often and wash after each change. If you have had surgery, consult with your doctor when you can use a tampon.

- 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. DO NOT allow the bag to touch the floor.
- Always secure the catheter tubing to the thigh with tape or a special securement device to prevent pulling.
- Try not to disconnect the tubing from the catheter.
- When the bag is ½ full, empty it into the toilet. DO NOT let the bag or drainage port touch the toilet.
- Drink between 8 and 10 glasses of fluid each day to keep your urine flowing freely and decrease risk of complications. Heart or kidney patients should check with their doctor about the correct amount of fluid to drink each day.
- The drainage bag should be changed if the bag is odorous, discoloured, leaking or a new catheter is put in.

**For Men:** If the penis tip becomes irritated, you may apply a water soluble lubricant like KY Jelly for relief.

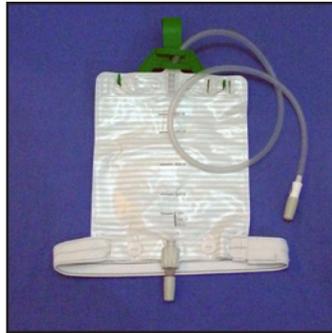
Application of an oil based lubricant like Vaseline should be avoided.

Studies have failed to show any benefit to applying antibiotic ointments.

## Emptying the Day/Night Drainage Bag

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

- Remove the grey cap on the drainage spout and open the clamp to drain out all of the urine. If your doctor or nurse 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 end of the drain port with your fingers or touch the port on the inside of the measuring container.
- If the grey cap is dropped or you accidentally touch the port, it can be cleaned with an alcohol wipe
- All drainage bags should be emptied when  $\frac{1}{2}$  to  $\frac{2}{3}$ s full or every 3–6 hours. This helps to prevent undue trauma/traction on the urethra related to the weight of the bag.



## Using Your Day/Night Bag Combination

**During the daytime**, use the straps to secure your drainage bag to your leg. Check to see that the straps are not too tight.

**At nighttime**, connect night drainage bag to leg bag with piece of connection tubing rather than disconnecting the leg bag to maintain a closed system. Position drainage bag below the level of the bladder. **DO NOT** place drainage bag on floor.

You can also insert the hanger at the top of the bag. The hanger can be hooked onto an elastic band that is pinned to the top sheet or you can hang the bag inside a bucket that is placed beside your bed. When you get into bed, arrange the drainage tubing so that it doesn't kink or loop.



## Call Your Doctor or Seek Medical Help if

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- You have no urine or very little urine is flowing into the collection bag for 4 or more hours and you feel like your bladder is full. The catheter could be blocked.
- You have new pain in your abdomen, pelvis, legs, or back.
- Your urine has changed colour, is very cloudy, looks bloody, or has large blood clots in it.
- The catheter insertion site becomes very irritated, swollen, red, or tender, or you have pus draining from the catheter insertion site.
- Your urine has a foul smell or is cloudy.
- Urine is leaking from the catheter.
- You have a fever of 38°C (100°F) or higher or **back or flank pain**, possibly with nausea, vomiting or chills.

## After Your Doctor or Nurse has Removed Your Catheter

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- It is important to continue to drink plenty of fluids to flush your bladder.
- You may feel a burning sensation when you first pass urine. This is normal and will decrease with time.
- If you have difficulty passing your urine, sitting in a tub of warm water can help. If you are still unable to urinate or your bladder feels full, phone your doctor or go to the emergency department.
- If you have a question about the bag, you can call the Coloplast customer service line at 1-888-880-8605.

## Resources

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[www.HealthLinkBC.ca](http://www.HealthLinkBC.ca)

For non-emergency health information call 8-1-1  
Translation services available in over 130 languages.  
Deaf and hearing-impaired assistance (TTY), call 7-1-1.

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