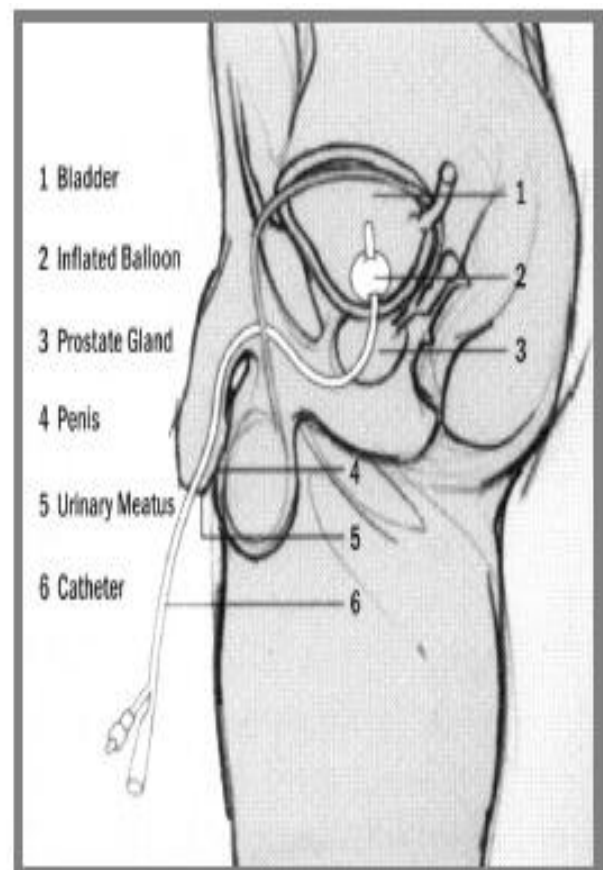
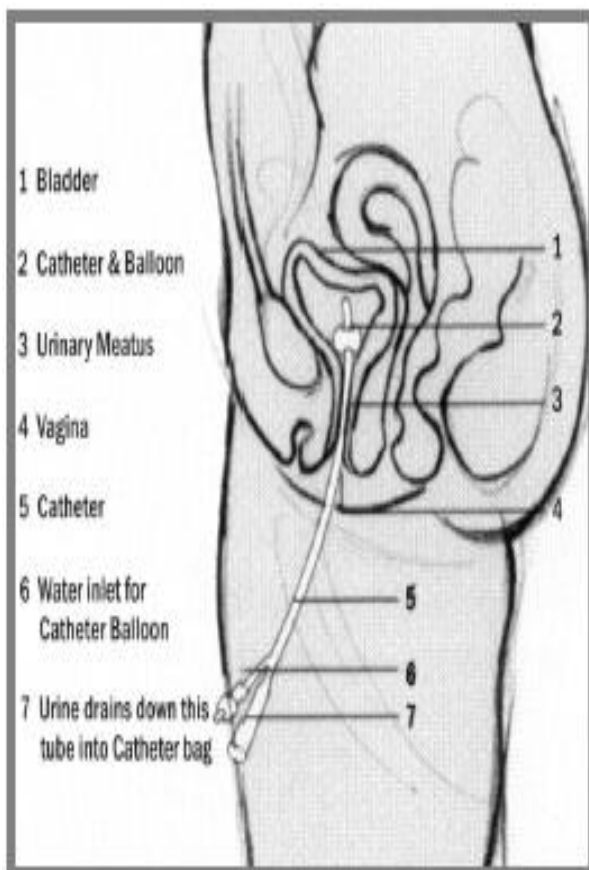


A Guide to Help You Manage Your Catheter and Drainage Bags

A catheter can make a difference to your health and quality of life. We understand that it can be a big adjustment for you. This information will help you manage some of the physical aspects of living with a catheter. Having a catheter may be necessary for a short time (days or weeks) or for a long time (months or permanently).

A urinary catheter is a flexible hollow tube to drain urine. It passes through the urethra (the tube from the bladder to the outside) into the bladder. The catheter is held in place by a small balloon that is inflated in the bladder and by the catheter strap on the upper thigh. The catheter is connected to a bag that collects the urine.



GENERAL ADVICE

Fluids and Diet:

Drink at least 8 cups or 2 litres of fluid a day (preferably water), unless you have fluid restriction. You may find it easier to have small drinks often. It is important to avoid constipation. Try to eat high fibre foods, fruit, vegetables, wholemeal bread and cereals.

Catheter Care:

Always wash your hands with soap and water and dry with a clean towel, before and after handling your catheter or bag. The catheter is usually most comfortable when secured to your thigh by a catheter strap to prevent injury to the urethra and bladder neck.

Ensure your catheter tubing is not kinked (has any kind of bend in it), as this will block the flow of urine. Make sure your drainage bag is always lower than your bladder, as urine does not drain uphill.

If using a leg bag, empty the bag every 2 or 3 hours to prevent the weight of the urine dragging on the catheter.



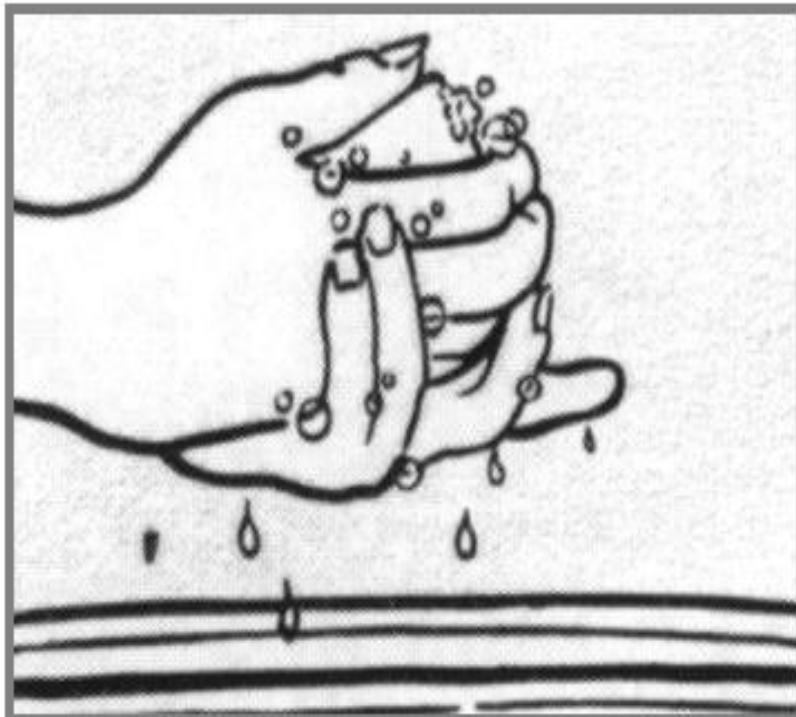
Hygiene:

A daily shower is recommended including washing of genital area and catheter entry point. Men should pull back foreskin to wash. If a shower is not possible, wash the area regardless. Use of a mild soap or soap substitute is recommended.

Do not disconnect the leg bag from the catheter while showering. Rinse area and pat dry with a towel. Do not use talcum powder. Powder and sprays to the genital area may cause infection.

Replace wet straps with dry ones. Hang wet straps to dry for the following day. Thigh strap may be removed for the shower but should be replaced as soon as possible when dressing.

A wash is particularly important after a bowel movement. Women should wipe from front to back after a bowel movement.



Care and Disposal of Drainage Bags:

Correct care of your drainage bags and catheter is important to prevent infection, odour or blockage problems. The only time the leg bag should be disconnected from your catheter is when the bag is due to be changed. You may be advised to swap legs when re-strapping your leg bag.

Night Routine:

- Wash hands with soap and water.
- Empty any urine in the leg bag into the toilet, or container.
- Connect overnight bag to outlet at bottom of leg bag
- Ensure outlet tap at end of leg bag is **open** and the outlet tap of overnight bag is **closed**.
- Wash hands.
- When you are in bed leave catheter strap and leg bag straps on. For comfort, you can loosen the leg bag straps.
- Attach overnight bag to appropriate stand or place in a container, such as a bucket, at the side of the bed - this prevents accidental leakage on to the floor.

Morning Routine:

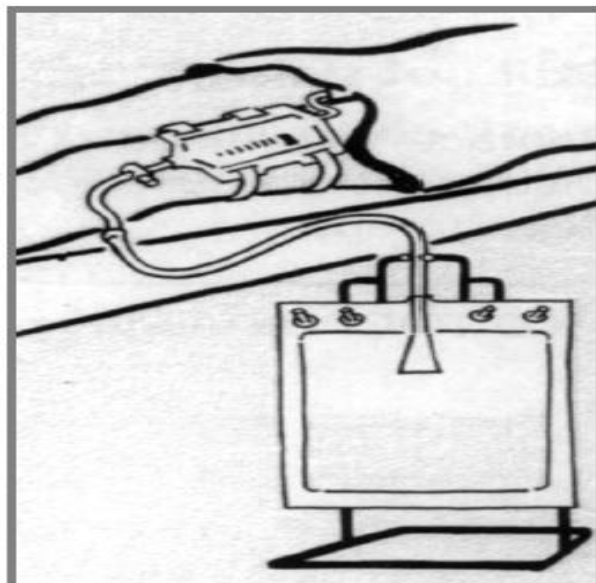
- Wash hands
- Close outlet tap on leg bag and tighten straps, making sure your catheter is well secured and not pulling.
- Disconnect night bag and empty urine into toilet or container.
- Rinse overnight bag with warm soapy water in the laundry tub - a few drops of dishwashing liquid is recommended.
- Hold the bag connector under the tap to run the water through to bag and tubing. Rinse again with running water to clear the soap from the bag.

- With tap open, hang bag to drain in a clean place e.g. over a towel or shower rail.
- Replace bag, if it is damaged or leaking.
- If overnight bag does not have a tap, replace each morning. Cut a corner of the bag and drain urine into the toilet. Discard bag in your rubbish bin.
- Wash Hands.

The nursing staff will show you how to connect, disconnect and clean your bags before you leave the hospital or clinic.

Weekly Routine:

- Wash and dry hands.
- Disconnect the leg bag and replace with a new leg bag.
- Avoid touching the end of the inlet tube or catheter.
- Both the used leg bag and overnight bag are discarded at this time. Bags are rinsed, wrapped and put in the rubbish bin.



DEALING WITH PROBLEMS THAT MAY ARISE

Urine is not draining?

- Is the catheter or tubing twisted or squashed?
- Is the tubing to the bag blocked?
- Is the bag below the level of the bladder?
- Are the straps threaded correctly and not blocking the inlet valve of the leg bag?
- Try changing position of catheter or bag e.g. swap legs.
- Are you constipated?
- Are you drinking 8 cups of fluid per day?
- Try a new bag.

And if still not draining?

Contact your usual Continence Nurse, Urology Nurse, District Nurse, local doctor or local hospital emergency department.

CONTACT DETAILS:

Consult Your Continence Nurse Advisor, Urology Nurse, District Nurse or Doctor, if any of the following occurs:

- Urine is cloudy, thick or blood is present and does not clear after drinking extra fluids.
- Urine is offensive, or has a strong or fishy smell.
- Urine stops flowing for several hours and / or you have abdominal discomfort.
- Catheter falls out.
- Urine keeps leaking around the catheter.
- Itching, soreness or redness occurs where the catheter comes in contact with your skin.
- You have an unexplained high temperature.
- You are feeling unwell.
- You have any concerns or questions about the care of your catheter or bags.

WHEN YOU LEAVE HOSPITAL

The hospital should supply you with enough equipment for one month until your order can be delivered.

Continence Nurses, Urology Nurse or District Nurses can assist you with ordering the right equipment when you get home. You will need a letter from the hospital doctor or your local doctor, stating the size of the catheter and recommendation date for a catheter change and / or trial of void. This letter is for the Continence Nurse, Urology Nurse or District Nurse.

Funding Assistance

If your catheter is going to be permanent, you may be eligible for financial help with the cost of equipment. Your Continence Nurse Advisor, Urology Nurse or District Nurse will help you with the application for financial assistance.

Equipment Suppliers

In the event of an emergency, or if you are purchasing your own equipment, the following supplier(s) may be able to assist you.

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If you have English language difficulties and would like to speak to us about this information , you can contact us by using a telephone interpreter service on 131450:

- 1) name the language you speak
- 2) provide our telephone number
- 3) provide the name of the person you want to speak to and wait on the phone to be connected.

Interpreter services are provided free of charge to you.

Personal Catheter Record

Brand	
Catheter Size	
Balloon Size mls.	
Date inserted	

Your next change is due:

Date	Time

Illustrations supplied by COLOPLAST.

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