

*CATHETER GUIDE INFORMATION
for Patients and their Carers*

Caring for your
Urinary Catheter at Home

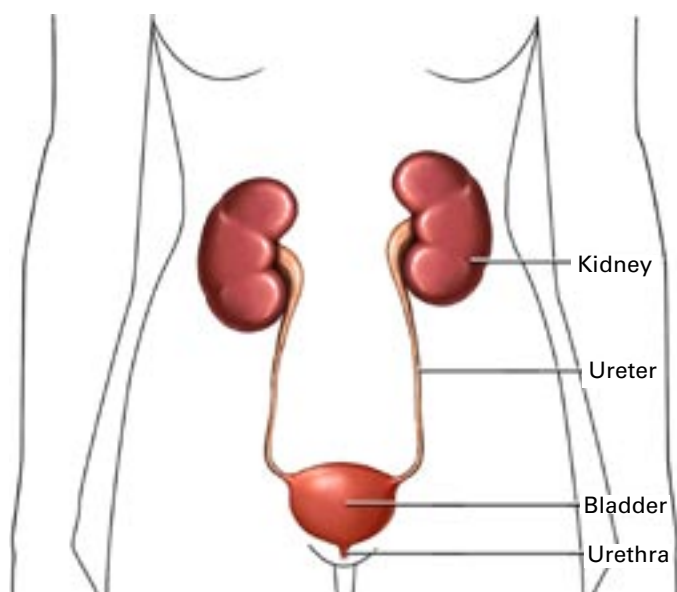


Caring for your Urinary Catheter At Home

Today you are going home with a Urinary Indwelling Catheter.

You have a catheter inserted because your bladder is unable to empty by itself.

To understand how the indwelling catheter works, it helps to become familiar with the urinary system.



The urinary system's main purpose is to remove urinary waste products from the body. Urine is made in the kidneys, moves through the ureters and is stored in the bladder until urine is emptied. The indwelling catheter is a soft flexible tube that is passed through the urethra into the bladder. The catheter is held in place by an inflated balloon on the end of the catheter inside the bladder. The other end of the catheter is joined to an external collection device (called the drainage bag/bottle).

The urine is no longer stored in the body but flows continuously into the collection bag. There are two types of collection bags: a large "overnight" drainage bag and a smaller "leg bag". The overnight bag is attached when you sleep. The leg bag is used when you are walking, sitting and generally going about your day.

Caring for a catheter

- Always wash your hands before you handle the catheter and drainage bags.
- Empty your urinary drainage bag regularly throughout the day.
- Wash around the site where the catheter enters the body every day with soap and water.
- Strap the catheter to the upper thigh using a catheter strap. Urinary drainage bags should also be strapped to the leg to maintain comfort.
- At night, attach the overnight urinary drainage bag to the bottom of the leg bag. Ensure the tap between the leg bag and overnight bag is in the open position. Leg straps should be loosened.
- Hang the overnight bag on a hanger, below the level of your bladder. Do not place overnight bag on the floor as this increases the risk of infection.
- In the morning make sure you close the tap on the leg bag before disconnecting the overnight bag.
- Don't use talcum powder or ointments around the site of the catheter.
- Make sure there are no kinks in your tubing.

To remove the overnight drainage bag in the morning

- Always wash your hands.
- Close the valve at the bottom of the leg bag.
- Disconnect the overnight bag from the leg bag.
- Readjust the leg straps on your leg bag.
- Empty your overnight bag and throw it in the bin.
- Wash your hands when finished.

To empty the leg drainage bag

- Always wash your hands.
- Stand over the toilet and open the valve at the bottom of the leg bag.
- Take care not to touch the edge of the toilet with the bag or valve.
- Close the valve when the bag is empty.
- Wash your hands when finished.



Overnight drainage bag

- Overnight bags are to be used once only and a new one used each night.
- The leg bag is changed once a week.
- The leg bag is to stay attached to the end of your catheter **all the time**.

Catheter valve

Some people will have a catheter valve instead of a urinary drainage bag. The valve must be:

- Released every 3 - 4 hours to empty the bladder unless it's uncomfortable, then release as needed.
- Emptied before going to bed, overnight as required and first thing in the morning.

- Sometimes the valve is attached to an overnight bag or bottle at night when you sleep. Your Community Nurse will advise you about this.

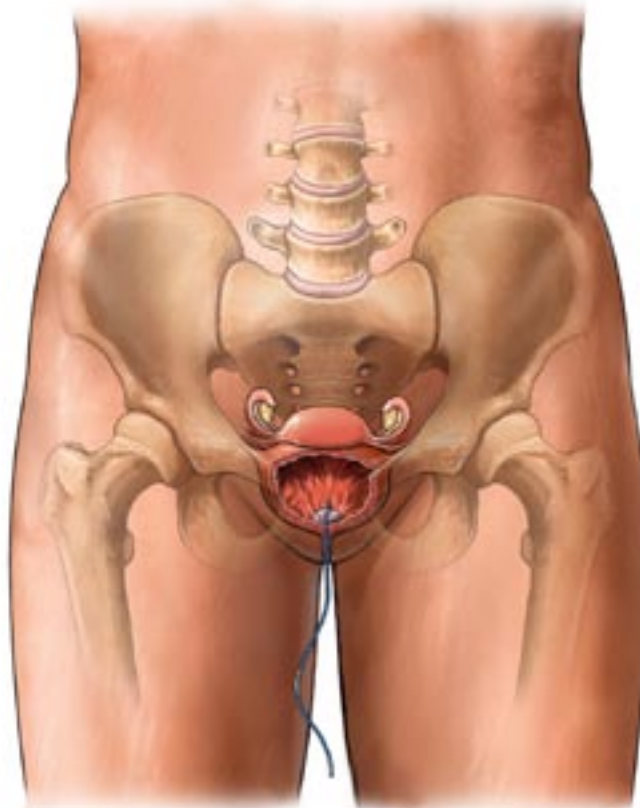
- **If you have a Suprapubic Pubic Catheter** :Rotate the catheter 360 degrees every day while in the shower, to prevent an encrustation forming around the catheter.

Special instructions

- Drink two litres of fluid each day unless instructed otherwise by your doctor. This will help prevent infection and catheter blockage
- Avoid constipation as this can prevent the catheter from draining properly.

Catheter change

- The catheter is changed when clinically indicated by your Nurse.
- The Nurse will tell you what needs to be done to prepare you for your catheter change.
- Remember to drink two glasses of water before your catheter is changed.



If there has been no urine draining for more than 4 hours:

- Check the tubing is not kinked
- Drink some water, this may flush away any blockage
- Try walking, this may dislodge a blockage
- If the above do not work contact your community nurse or local doctor

Let your local doctor, community nurse or local Emergency Department know if you experience:

- No urine output for more than 4 hours.
- Cloudy or strong smelling urine.
- Blood stained urine.
- Lower abdominal pain or tenderness moving towards the lower back region.
- Chills or fever.
- Urine leaking from around the catheter.
- The catheter comes out.



Ordering supplies

- When you are discharged from hospital you will be given overnight urinary drainage bags to last for three days.
- You may need to order and pay for further supplies.
- Your community health nurse can help you arrange this and will advise you how to order supplies.

If you need to order Catheter Supplies your Community Health Nurse will assist you with contact phone numbers.

Catheter Brand: _____

Catheter FG Size: _____

Catheter Length: _____

Flip Flow Valve: _____

Leg Bag: _____

Night Bag: _____

Contacts

Hospital/Service: _____

Community Health Nurse: _____

Telephone Interpreter Service (TIS).

If you need an interpreter call TIS on **9828 6088**

This brochure is available in other languages thanks to the SESIAHS SHN Diversity Health Program and Cultural Diversity Health Enhancement Grants 2010 - 2011.