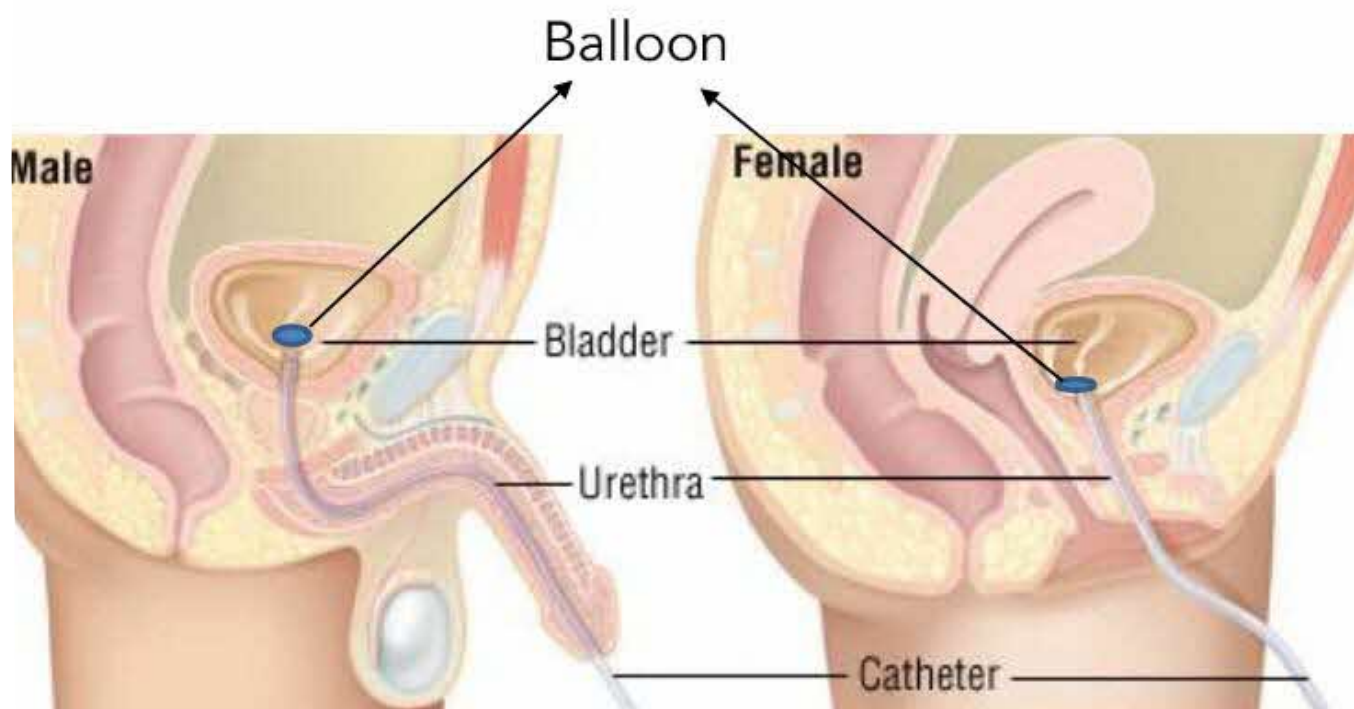


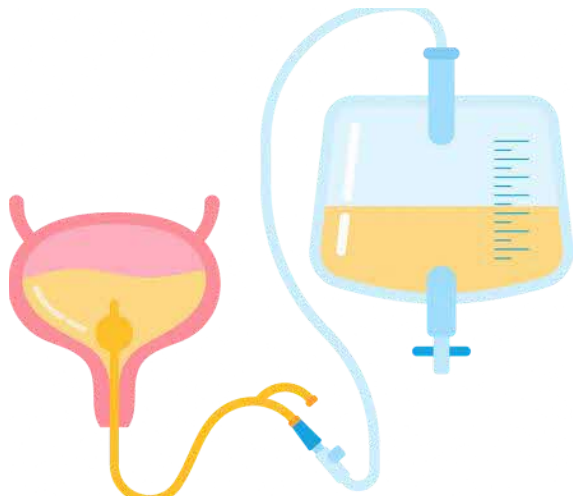
A Guide for Patients and Families

Care of Patient with Urinary Catheter

What is a urinary catheter?

A urinary catheter is a narrow and flexible tube inserted into the bladder to drain out urine continuously. With this tube, you will not have the urge to pass urine. It is kept in place by an inflated balloon. The catheter is changed once every two to six weeks depending on its material. Your nurse or doctor will perform this change for you.





Note: Variation of Urinary Drainage Bag may be used among different hospital

Parts of urinary catheter

Balloon

- A balloon near the tip of the catheter. After successful insertion of catheter into the bladder, the balloon will be inflated with sterile water. This prevents the catheter from slipping out of the bladder.

Balloon port

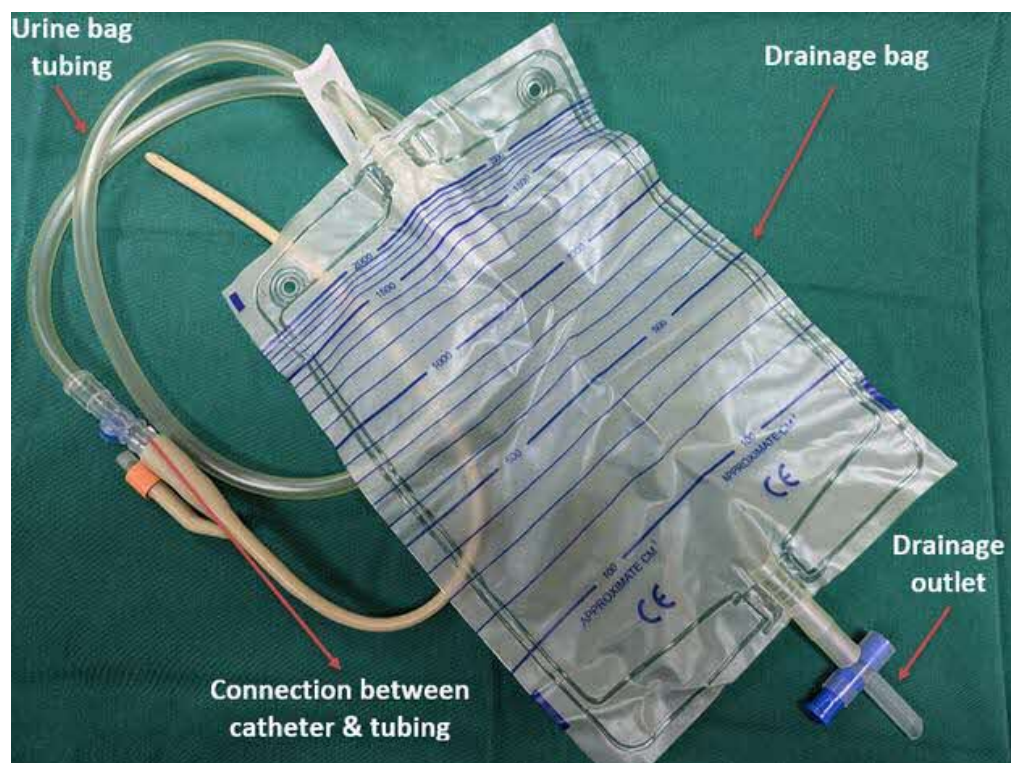
- Do not tamper with the balloon port (e.g., inserting items into the balloon port).

Parts of a drainage bag

- A drainage bag is connected to the catheter to collect the urine. It needs to be emptied when it is half-filled.

It should be changed :

- every two weeks.
- when torn or leaking.
- as instructed by your healthcare provider.



Note: Variation of Urinary Drainage Bag may be used among different hospitals

How do I care for my urinary catheter and drainage bag?

1. Hand Hygiene

To prevent infections, you need to wash your hands with soap and water, rinse well, and dry with clean tissue paper:

- Before preparing items for catheter care.
- Before and after touching the catheter or urine bag.
- Before and after putting on gloves.

7 Steps of Hand Hygiene

1



Rub hands palm to palm

2



Right palm over left dorsum with interlaced fingers and vice versa

3



Palm to palm with fingers interlaced

4



Back of fingers to opposing palms with fingers interlocked

5



Rotational rubbing of left thumb clasped in right palm and vice versa

6



Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa

7



Rub both wrists in a rotating manner

2. Perineal hygiene (area between the thighs)

- Shower as per normal.
- Wash the perineal area daily with soap and water:
 - After passing motion
 - If there is vaginal discharge
- Wash in one direction from front to back towards the anus.
- For uncircumcised males, retract the foreskin, wash, and reposition back the foreskin.
- Dry thoroughly with a clean towel or tissue paper.
- **DO NOT** use talcum powder or cream as it may cause infection if it is not cleansed thoroughly.

3. Positioning of urine bag

At home

Use the urine holder provided to hang the bag at your waistband or from the belt of your pants, and at the side of the bed when lying down.



Outdoor

You can strap the urine bag inside your pants by using a cotton string to hold the bag around your waist.

Always keep the urine bag below the waist to prevent backflow of urine into the bladder.

Ensure that the urine bag tubing is not bent or kinked.



4. Taping of urinary catheter

- Taping helps to minimize friction, pain, and discomfort at the opening of the urethral meatus (where urine is excreted).
- Use 2 x 4" inch surgical tape to secure the catheter.
- Tape the catheter onto your lower abdomen at a different area each time.
- Change the surgical tape daily or when it becomes loose.
- Males should wear briefs to support the penis in an upright position.
- Loop the catheter/tube before taping it to avoid pulling of the catheter.

Female



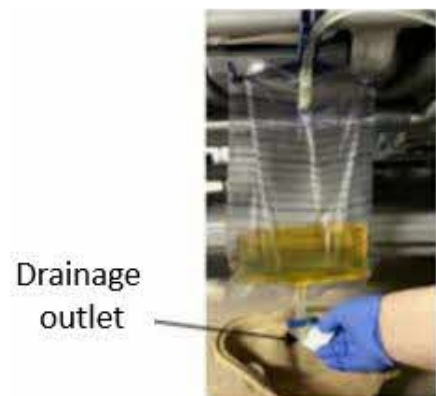
Male



Loop the catheter

5. Emptying of urine bag

- Empty the urine bag when it is:
 - Half-filled
 - Before bedtime
 - Before leaving the house
- Wash your hands before and after emptying the bag.
- Clean the drainage outlet before and after emptying:



- Wash it with soap and water then dab dry with tissue paper OR
- Use wet tissues or alcohol wipes.



- Keep the drainage outlet away from the edge of a container or toilet bowl.
- Release the drainage outlet and empty the urine into a container or the toilet bowl.
- Close the drainage outlet after emptying, clean it with soap and water or wet tissue or alcohol wipe.

6. Changing urine bag

- The urine bag can be used for two weeks unless it is torn.
- Wash your hands before and after changing the urine bag.
- Check that the new drainage bag is not damaged.
- Clean the junction between the catheter and urine bag tubing with soap & water, or alcohol swab before disconnecting the old urine bag.

Junction between the catheter and urine bag



- Disconnect the old urine bag from the urinary catheter using your thumb and forefinger.
- Remove the cap from the new urine bag and connect it to the catheter.
- Empty the old urine bag before disposing it.

7. General advice



- Eat two servings of fruits and vegetables daily to prevent constipation



- Drink at least 1.5 liters or seven to eight glasses of fluids a day, unless advised otherwise by your doctor

- Taking fruit juices such as cranberry juice may help to reduce the risk of urinary tract infection (an infection in any part of your urinary system – kidneys, ureters, bladder and urethra)

When should I consult my doctor/nurse?

Please consult your doctor/nurse if you experience the following:

- Suprapubic (area above the pubic bone) and loin (area between the hips and lower ribs) pain.
- Fever
- Blood-stained or cloudy urine.
- Bloated bladder with no urine output.
- Reduced or no urine output.
- Urine leaking around the catheter.
- Skin redness around the groin.



Note:

If no urine drains out from the catheter, make sure that:

- the urine bag is below your waist level.
- the catheter and the urine bag tubing are not bent or kinked.

If there is still no urine draining out after ensuring the above points, the catheter may be blocked. You will need to consult your doctor/nurse.



Items to prepare for changing urinary catheter at home:

- Sterile catheterization set
- Urinary catheter as prescribed by your healthcare provider
- Urine bag
- **Cleansing solution:** Chlorhexidine Gluconate 0.05% or Sodium Chloride 0.9%
- **Male:** Lignocaine 2% gel
- **Female:** Water-based Lubricating gel
- Sterile water for injection (20mls)
- Syringe (10mls)
- Surgical tape