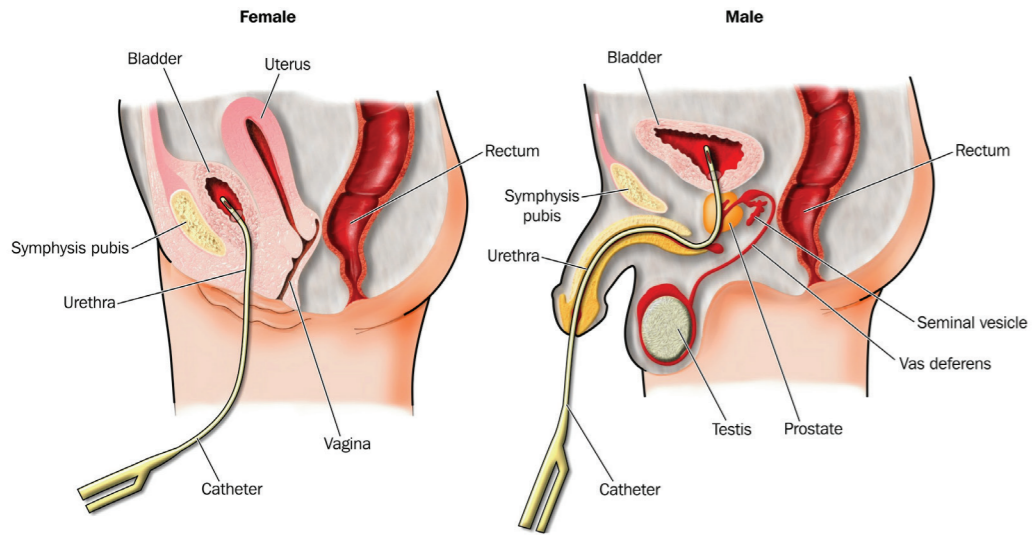




URINARY CATHETERISATION



PLEASE SCAN FOR THE LOCATION

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Digital Version



HOW TO CLEAN YOUR CATHETER AND YOUR SKIN

- Wash your hands with soap and water.
- Wet a washcloth in warm water and mild soap.
- Use the washcloth to clean the skin where the catheter enters your body. Clean downward, wiping away from the catheter in small circles. Do not wipe toward the catheter. This can push bacteria into the urethra and cause infection.
- Pat the area dry with a clean towel. Make sure to remove all soap.

HOW TO CARE FOR YOUR DRAINAGE BAGS

Empty your drainage bag when it is half full, or at least 2–3 times a day. Replace your drainage bag once a month or sooner if it starts to smell bad or look dirty. Do not clean your drainage bag unless told by your health care provider.

EMPTYING A DRAINAGE BAG

Supplies Needed

- Rubbing alcohol.
- Gauze pad or cotton ball.
- Adhesive tape or a leg strap.

Steps

- Wash your hands with soap and water.
- Detach the drainage bag from your leg.
- Hold the drainage bag over the toilet or a clean container. Keep the drainage bag below your hips and bladder. This stops urine from going back into the tubing and into your bladder.
- Open the pour spout at the bottom of the bag.
- Empty the urine into the toilet or container. Do not let the pour spout touch any surface. This helps keep

bacteria out of the bag and helps prevent infection.

- Apply rubbing alcohol to a gauze pad or cotton ball.
- Use the gauze pad or cotton ball to clean the pour spout.
- Close the pour spout.
- Attach the bag to your leg with adhesive tape or a leg strap.
- Wash your hands.

CHANGING A DRAINAGE BAG

Supplies Needed

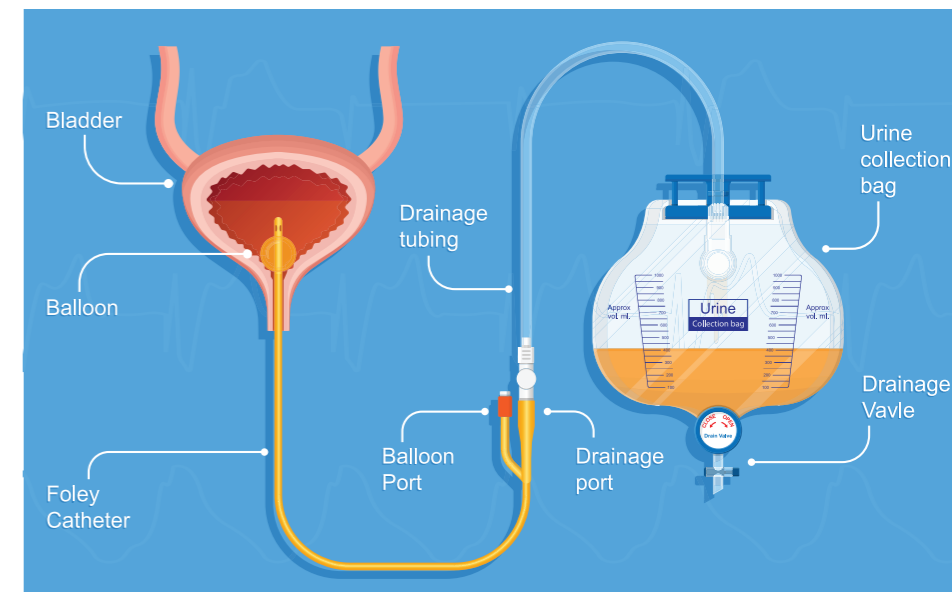
- Alcohol wipes.
- A clean drainage bag.
- Adhesive tape or a leg strap.

Steps

- Wash your hands with soap and water.
- Detach the dirty drainage bag from your leg.
- Pinch the rubber catheter with your fingers so that urine does not spill out.
- Disconnect the catheter tube from the drainage tube at the connection valve. Do not let the tubes touch any surface.
- Clean the end of the catheter tube with an alcohol wipe. Use a different alcohol wipe to clean the end of the drainage tube.
- Connect the catheter tube to the drainage tube of the clean drainage bag.
- Attach the new bag to your leg with adhesive tape or a leg strap. Avoid attaching the new bag too tightly.
- Wash your hands.

PREVENT INFECTION AND OTHER PROBLEMS

Never pull on your catheter or try to remove it. Pulling can damage your internal tissues. Always wash your hands



WHAT IS URINARY CATHETERISATION?

In urinary catheterisation a latex, polyurethane, or silicone tube known as a urinary catheter is inserted into a patient's bladder via the urethra. Catheterisation allows the patient's urine to drain freely from the bladder for collection. It may be used to inject liquids used for treatment or diagnosis of bladder conditions.

A clinician, often a nurse, usually performs the procedure, but self-catheterization is also possible. The catheter may be a permanent one (indwelling catheter), or an intermittent catheter removed after each catheterisation.

HOW TO WEAR YOUR CATHETER

Attach your catheter to your leg with adhesive tape or a leg strap. Make sure there is no tension on the catheter. If you use adhesive tape, first remove any sticky residue from the previous tape you used.

HOW TO WEAR A DRAINAGE BAG

You should have received a large overnight drainage bag and a smaller leg bag that fits underneath clothing. You may wear the overnight bag at any time, but you should never wear the smaller leg bag at night. Always keep the overnight drainage bag below the level of your bladder but keep it off the floor. When you sleep, hang the bag inside a wastebasket that is covered by a clean plastic bag.

Always wear the leg bag below your knee. Keep the leg bag secure with a leg strap or adhesive tape.

HOW TO CARE FOR YOUR SKIN

Clean the skin around the catheter at least once every day. Shower every day. Do not take baths. Apply creams, lotions, or ointments to your genital area only as told by your health care provider. Do not use powders, sprays, or lotions on your genital area.

before and after handling your catheter. If a leg strap gets wet, replace it with a dry one. Drink enough fluids to keep your urine clear or pale yellow, or as told by your health care provider.

Do not let the drainage bag or tubing touch the floor. Wear cotton underwear. Cotton absorbs moisture and keeps your skin dry. If you are female, wipe from front to back after each bowel movement. Check the catheter often to make sure that it works properly, and the tubing is not twisted or curled.

CONTACT YOUR DOCTOR IF:

- Your urine is cloudy.
- Your urine smells unusually bad.
- Your urine is not draining into the bag.
- Your catheter gets clogged.
- Your catheter starts to leak.
- Your bladder feels full.

GET HELP RIGHT AWAY IF

- You have redness, swelling, or pain where the catheter enters your body.
- You have fluid, pus, or a bad smell coming from the area where the catheter enters your body.
- The area where the catheter enters your body feels warm to the touch.
- You have a fever.
- You have pain in your abdomen, legs, lower back, or bladder.
- You see blood fill the catheter.
- Your urine is pink or red.
- You have nausea, vomiting, or chills.
- Your catheter gets pulled out.