

Catheter Care Guidelines

PATIENT INFORMATION

WHAT IS A CATHETER?

A catheter is a soft hollow tube, which is passed into the bladder to drain urine. Catheters are sometimes necessary for people, who for a variety of reasons, cannot empty their bladder in the usual way i.e. passing urine into a toilet or urinal.

Catheters are manufactured in a variety of materials, which means they can be left in place for many weeks if necessary.

Once inserted a small balloon is inflated, which prevents the catheter from falling out. On no account must you try to remove the catheter with the balloon being fully inflated. If you have a problem with your catheter, seek professional help immediately.

In some cases the catheter is inserted through the abdominal wall directly below the umbilicus (belly button) both men and women can have this type of procedure.

Never try to remove your catheter yourself unless you have been taught to do so by a qualified healthcare professional.

HOW DOES A CATHETER WORK?

A catheter drains urine from the bladder into a drainage bag which may be supported at thigh, or calf level. The leg drainage bag is recommended to be changed every 5-7 days depending on manufactures instructions and medical condition.

The drainage bags are usually 350ml, 500ml or 750ml and at night, an extra 2 litre drainage bag can be fitted easily to the leg bag to increase the available capacity. These larger bags should be supported on a catheter drainage bag stand. Stands are available from Clinisupplies.

A catheter valve may be recommended. Your healthcare professional will advise you on which type may be appropriate for your needs.

Guide for changing a leg bag

Before changing your leg bag, wash hands and dry thoroughly. If someone is changing the bag for you they should put on gloves to reduce the risk of cross infection.

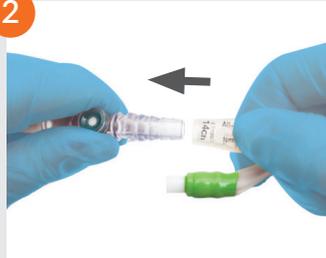
Your leg bag should be emptied when it is $\frac{3}{4}$ full and replaced with a new bag every 5-7 days.

1



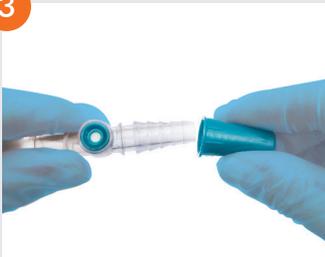
With one hand, squeeze the end of the catheter with thumb and forefinger (BEHIND THE FUNNEL AREA) to reduce urine leakage.

2



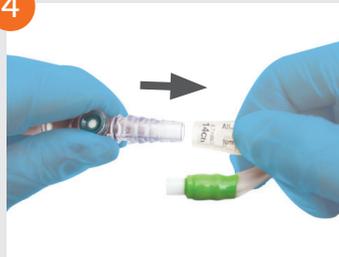
AVOID TOUCHING THE ENDS OF BOTH THE BAG TUBING AND THE CATHETER. With the other hand disconnect the used bag from the catheter with a gentle twisting movement.

3



Remove the protective cap from the new sterile Prosys leg bag and connect the new leg bag into the indwelling catheter straight away. Place the protective cap onto the used drainage bag.

4



Secure the new bag using the chosen method of support. Empty urine from the old leg bag into the toilet or receptacle and dispose of the bag.*

*Please note that the Silicone catheter responds in a different way compared to a Latex catheter. Therefore when connecting a Silicone catheter to a drainage bag please ensure that the step connector is inserted by only two stages. This will help avoid any difficulties when removing the bag.

Guide for **attaching** a night bag onto a leg bag

For night time drainage a larger, disposable drainable bag should be used that can easily be attached to the leg bag to increase capacity. The night drainage bag should be changed when it is $\frac{3}{4}$ full.

Before attaching the overnight bag wash hands and dry thoroughly. If someone is attaching the bag for you they should put on gloves to reduce the risk of cross infection.

1



Ensure that the leg bag is empty of urine before attaching the night bag. Remove the protective cap from the disposable, single use, drainable night bag.

2



Insert night bag connector firmly into the outlet drainage tube of the leg bag. Remove leg bag fixation straps or bag support sleeve to allow free drainage of urine.

3



Open the leg bag tap or valve tap to allow urine to flow into the night drainable collection bag.

4



Secure the drainable night bag onto the Prosys bed bag stand and ensure that it is positioned lower than the bladder to assist drainage and prevent backflow of urine. Ensure that the catheter is never pulled by any drainage bag. Wash and dry hands again.

HANDWASHING GUIDE

It is essential that the highest standards of hygiene are being maintained at all times. You must wash your hands prior to handling your catheter or drainage bag.

If someone is attaching your drainage bags for you they must wear disposable gloves. Prosys bags have included gloves within the packaging to promote this practice.

IMPORTANT POINTS TO REMEMBER

Drink plenty of water or fluids, at least 12 cups (4 pints) per 24 hours.

Keep your leg and night drainage bag below the level of the bladder to prevent the back flow of urine.

Avoid disconnecting the leg bag unnecessarily.

Do not use oil based creams or talcum powder around the catheter.

CALL A HEALTHCARE PROFESSIONAL

- If no or very little urine is flowing into the drainage bag
- If you are having new pain in your abdomen, pelvis, legs or back
- If your urine has changed colour, is very cloudy, looks bloody or has blood clots in it
- If your urine has a foul odour (maybe a fishy smell)

For further information on how to care for your catheter and drainage system please contact the Clinisupplies product support line:

Email: productsupport@clinisupplies.co.uk

Tel: 0800 066 3754