

WHAT IS A URINARY CATHETER?

A urinary catheter is a hollow, flexible tube which drains urine from your bladder. It is inserted via the penis in a male, and through the opening above the vagina in a female.

To prevent the catheter from falling out, a small balloon of water at the catheter tip is inflated inside the bladder. The catheter is attached to a collection bag, which together make a closed sterile system. This prevents bacteria entering the bladder and causing infection.

URINARY CATHETER DRAINAGE SYSTEMS

There are different types of drainage systems to use with your catheter including catheter valves and drainage bags.

Catheter Valves:

The Flip-Flo® catheter valve is a tap-like device, which fits into the end of your

Night Bag:

A larger bag (2000 ml) attached to the end of the leg bag at night. This is disconnected from the leg bag during the day, then emptied and rinsed through with detergent and water and stored in a clean, dry container to be reused.

USING THE CATHETER VALVE

You should open your catheter valve whenever you feel the need to pass urine, before bed, first thing in the morning, during the night (if necessary), before opening your bowels, and at least every four hours during the day.

Changing the Flip-Flo® Catheter Valve:

The Flip-Flo® catheter valve should be changed every 5–7 days, earlier only if damaged.

1. Wash your hands with soap and water.
2. Attach Flip-Flo® valve to the catheter ensuring that you do not touch either

EMPTYING THE BAG

The bag should be emptied when about half or two thirds full. For the leg bag, this is approximately every 3-4 hours.

1. Wash your hands with soap and water.
2. Unfasten the lower leg strap.
3. Open the tap at the bottom of the bag to allow the urine to drain, either into a toilet, or a clean and dry container kept specifically for the job.
- 4. Do not touch the drain port with your fingers or let the drain port touch the toilet or container.**
5. Close the tap.
6. Wipe the drain port and cap with a cotton ball or gauze soaked with Savlon antiseptic or alcohol swab.
7. Refasten the lower leg strap.
8. Wash your hands with soap and water.

CHANGING THE BAG

1. Wash your hands with soap and water.
2. Drain the leg bag as above.

catheter (urethral or suprapubic). It can be used whether your catheter is permanent or temporary. The Flip-Flo® offers an alternative to using a drainage bag. Your bladder continues to store urine and can be emptied intermittently by releasing Flip-Flo®, thus helping to maintain normal function of the bladder.

Leg Bag:

A small drainage bag (500 ml), which is attached to the leg with a pair of straps during the day and worn under clothes.

the catheter end or the valve connector.

3. To open the Flip-Flo® valve, push lever down.
4. Allow urine to drain into toilet or an appropriate receptacle.
5. To close the Flip-Flo® valve, pull lever up.
6. A drainage bag may be attached to the flexible connector to allow continuous urine drainage.
7. Wipe the drain port with a cotton ball or gauze soaked with Savlon antiseptic or alcohol swab.
8. Wash hands thoroughly before and after operating Flip-Flo® valve.

3. Wash and dry along catheter tubing and where the bag & catheter join.
 4. Unwrap the new bag and loosen the cap.
 5. Pinch the catheter tubing closed with your fingers and disconnect the bag from the catheter with some absorbent tissue under the join.
 6. Keeping the catheter pinched to prevent leakage pick up the new bag, remove the cap and connect firmly to the catheter.
 7. Always be sure there are no kinks in the catheter tubing.
 8. Fasten leg straps.
 9. Wash your hands with soap and water.
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PERSONAL HYGIENE

- It is important to keep your private area and the catheter clean so that you do not get an infection.
- Do not take a bath while you have your catheter in place. Shower if possible.
- Wash the skin in the area where the catheter enters your body, and along the catheter tube with soap and warm water twice a day and after each bowel movement.
- Dry well and do not use talcum powder, creams or antiseptics, unless prescribed by your doctor or nurse.
- Men should wash under their foreskin. Women should ensure they wash from front to the back passage to keep bacteria away from the catheter.
- Wear cotton underwear to allow good airflow.

DIET AND FLUIDS

GENERAL INSTRUCTIONS FOR CARE

- Do not remove your catheter or let anyone remove your catheter except health care professionals to ensure your urethra and bladder are not damaged.
- Keep the drainage bag below level of bladder.
- Do not pull on your catheter tubing.
- Place the catheter tubing so it does not kink or loop.
- If you have urine leakage, wrap gauze around the catheter and inform your health care team.
- Do not have sex while you have a catheter.
- Do not do Kegel exercises (exercises that strengthen the pelvic floor muscles) while you have a catheter.

YOU SHOULD SEEK MEDICAL ADVICE IF...

- Your catheter comes out.
- No urine flows into your collection bag over a period of four hours, your

URINARY CATHETER CARE



- Drink at least six to eight glasses of healthy liquids or water each day unless your doctor gives you other directions.
 - Avoid foods and drinks that may irritate your bladder such as: alcohol, carbonated drinks, chillies/spicy foods, cola, tea, coffee, chocolate, cranberry juice/cranberries, citrus juices.
 - Avoid becoming constipated. If you are constipated, you may push hard when you have a bowel movement. This may cause you to leak urine.
- catheter is not kinked and you feel like your bladder is full.
- You have a fever over 101° F (38.3° C) or chills.
 - You experience pain, cramps or a burning sensation in your urethra, bladder, abdomen, or lower back.
 - You have blood, mucus, pus, or foul smelling drainage around your catheter, cloudy urine.
 - You have urine leaking around your catheter.
 - You experience soreness at the tip of your penis.
 - You have any symptoms (signs of being sick) that you are concerned about.