

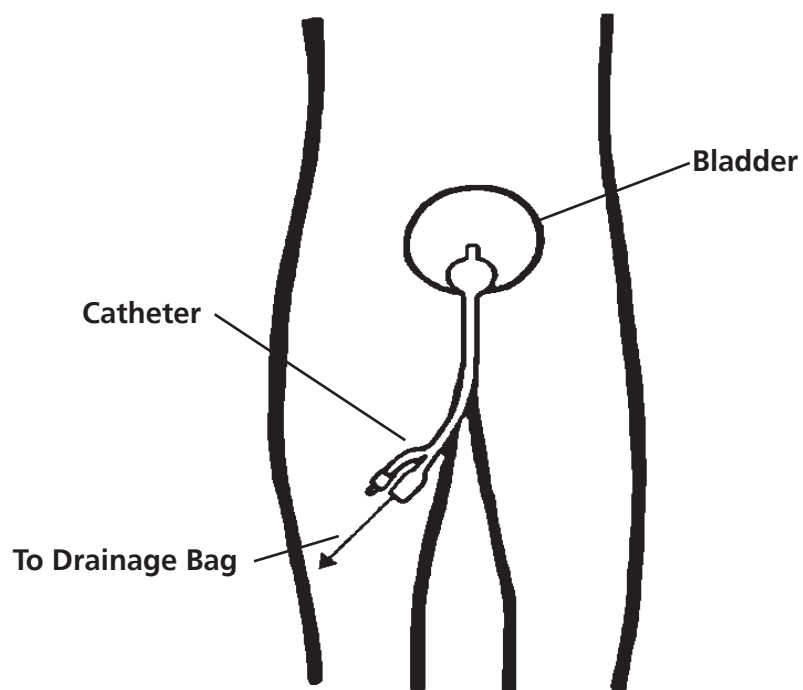
# Caring for your catheter

## Your catheter and drainage bag

This booklet has been produced to help you understand and look after your catheter. Use it as a reminder of the information that your district nurse has given to you, and do not hesitate to contact her if you have any questions or problems. Her name and telephone number are in the back of this booklet.

Do not be afraid of your catheter. It should not cause discomfort or restrict your activities and can be used without people around you knowing.

The catheter is a soft hollow tube passed through the passage way called the urethra into the bladder. It is kept in place by a small balloon, which is inflated with a little sterile water (see diagram). It will drain urine (water) freely into a collecting bag.



## Useful Information

### Catheter

Make \_\_\_\_\_

Size \_\_\_\_\_ Length \_\_\_\_\_

Balloon \_\_\_\_\_ Order No. \_\_\_\_\_

### Day Drainage Bag

Make \_\_\_\_\_

Size \_\_\_\_\_ Order No. \_\_\_\_\_

### Night Drainage Bag

Make \_\_\_\_\_

Size \_\_\_\_\_ Order No. \_\_\_\_\_

### Contacts

District Nurse \_\_\_\_\_

Telephone No. \_\_\_\_\_

Doctor \_\_\_\_\_

Telephone No. \_\_\_\_\_



## Changing your leg drainage bag

- Leg drainage bags should be renewed weekly.
- Wash and dry your hands.
- Pinch the catheter just above the connection to the bag.
- Remove the protective cap from the new bag and insert the drainage bag tube into the catheter, taking care not to touch the connector.
- Wash and dry your hands.

## Attaching a night drainage bag

Night drainage bags should be attached to the tap on your leg drainage bag.

- Wash and dry your hands.
- Attach the connector on the large bag to the tap on your leg bag.
- Open the tap on your leg bag.
- Support the night bag on a stand to keep it off the floor.
- Wash and dry your hands.

Night bags should be emptied each morning, washed through with warm water, and left to dry. Both leg and night bags should be replaced with new bags weekly.

## Some common problems

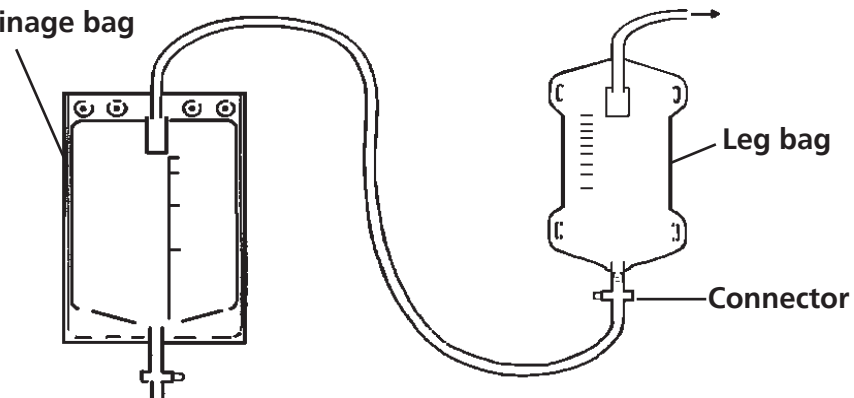
**Problem** - Urine not draining

**Check** - Tubing bent or kinked?

- Are you constipated?
- Are you drinking enough?
- Is bag over full?

If no urine has drained after 4 hours contact your Doctor or District Nurse.

Night drainage bag



## Pain

Cramp like pain is common with a new catheter. Ensure catheter is not kinked or under tension. If pain persists contact your surgery or nurse.

## Blood in urine

Small amounts are common but it may be due to trauma or infection. Report signs like this to your Doctor or District Nurse.

## Summary

### Do

- drink plenty of fluid (10-12 cups daily)
- wash your hands before and after touching your catheter or bag
- avoid becoming constipated. Eat plenty of fibre.
- shower, bath or wash around your catheter daily
- take regular exercise if possible
- empty your drainage bag before it gets too full
- dispose of used bags safely. Empty and place in a sealed plastic bag before placing in the dustbin
- feel free to discuss any aspect of your catheter care with your District Nurse