

2015

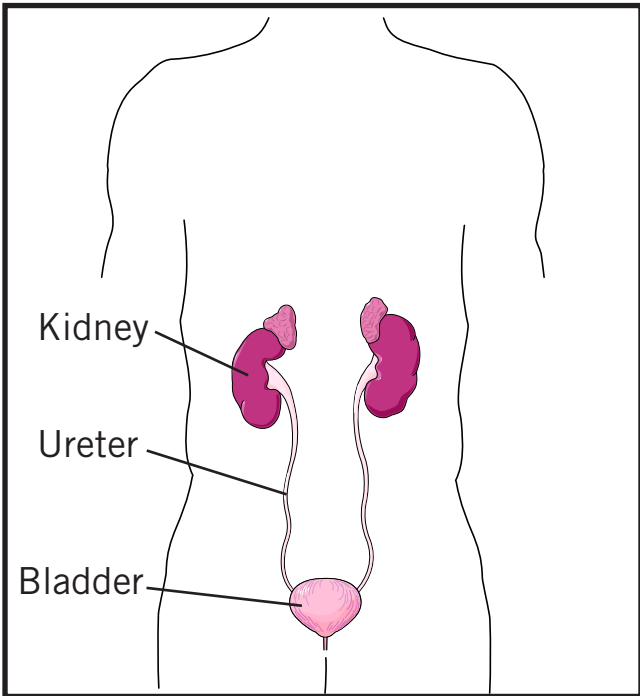
# Care of Your Urinary Catheter at Home

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## What is a urinary catheter?

You are going home with a urinary catheter (hollow tube) in your bladder. Your catheter drains urine (pee) from your bladder all of the time. You do not need to use the toilet, a bedpan, or a urinal. Your catheter is held inside your bladder by a balloon filled with water. When you do not need the catheter anymore, your doctor or nurse will let the water out of the balloon. Then the catheter can be taken out easily.

Before you leave the hospital, your nurse will go over the steps for caring for your urinary catheter. If you do these steps, you will help avoid problems such as smells and infections.



## Urinary catheter care instructions:

1. Wash your hands with soap and water.
2. Use soap and water to wash the area around your catheter where it goes into your body.
3. Do steps 1 & 2 twice (2 times) a day.
4. Washing will help keep the area from getting sore or infected.



## Leg bag

This small plastic bag holds urine draining from your catheter. The bag attaches to your catheter. The bag is strapped around your thigh. This makes it easier for you to move around because you do not have to carry the leg bag.

1. Empty the bag every 3 to 4 hours, or when it is full.
2. Wash your hands with soap and water before you empty the bag.
3. Twist the blue drain end to drain out all urine. Wipe this when you are finished to make sure all urine is dried off.
4. Twist the blue drain end in the opposite direction to close it when you are finished.
5. Wash your hands when you are finished.

## Night drainage bag

This drainage bag is larger than the leg bag. You will be able to sleep through the night without getting up to empty it. Before you go to bed, change the leg bag to the night drainage bag.

1. Wash your hands
2. Empty your leg bag as shown on the previous page.
3. Pinch off the catheter with your fingers so urine cannot come out.
4. Take the cap off of the night drainage bag.
5. Disconnect the leg bag and connect the night drainage bag to your catheter.
6. Decide which side of the bed you want the bag to hang from and tape the drainage tubing to your thigh closest to that side. Leave some slack in the catheter so it does not pull when you move your leg.
7. Rinse your leg bag with soap and water and put the cap on the end of the leg bag tubing.
8. When you get into bed, move the drainage tubing so it does not kink or loop.
9. Hang the drainage bag by its hook on the side of the bed.
10. Keep the bag below the level of your bladder at all times, so urine can flow easily into the bag.
11. Make sure the drainage port at the bottom of the night drainage bag is closed.

Follow steps 1-7 for changing back to your leg bag in the morning.

## Important things to remember

- Drink 8 cups of fluid daily. Do not cut down on the amount of fluids you drink.
- You may take a shower.
- Do not lie down with your leg bag on. Change to the night drainage bag.
- Avoid kinks and loops in your drainage tubes. Keep the tube straight.
- **Keep your drainage bag below the level of your bladder at all times.**
- Take medications as told by your doctor. Check with your doctor before taking any over-the-counter medications.
- It is normal to have a small amount of leakage around your catheter at times, especially if you are straining (pushing hard) to have a bowel movement.

### **Contact your doctor if:**

- The catheter falls out.
- The catheter is not draining.
- You have back pain or pain above your waist.
- You have a fever.
- Your urine is cloudy or smells bad.
- The amount of fluid leakage around your catheter smells bad or is excessive (a lot).

## **Follow-up instructions**

- Make an appointment to see your family doctor as soon as possible.
- An appointment at the Urology Clinic has been made for you on:

\_\_\_\_\_ at \_\_\_\_\_ .

(YYYY MM DD)

This Clinic is at the Halifax Infirmary, Level 4.

If you have any questions, please ask.

We are here to help you.

## **Notes:**

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