

Department of
Urology

Instructions for Care of Urinary Catheter



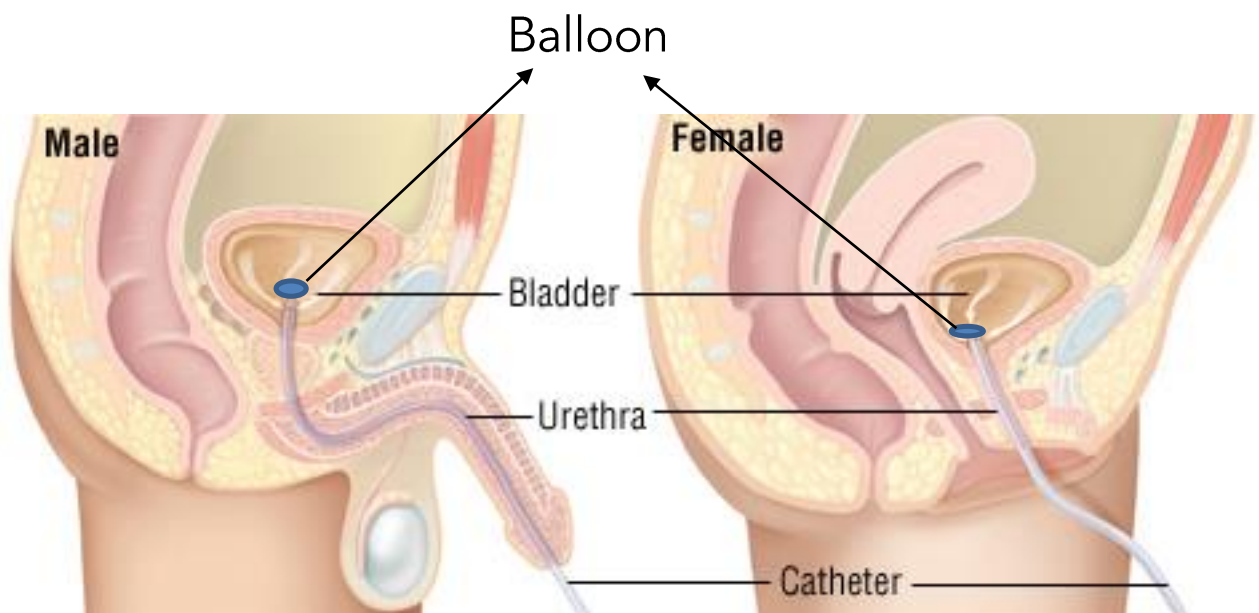
What is a Urinary Catheter?

A urinary catheter is a narrow and flexible tube inserted into the bladder to drain out urine continuously. With this tube, you will not have the urge to pass urine.

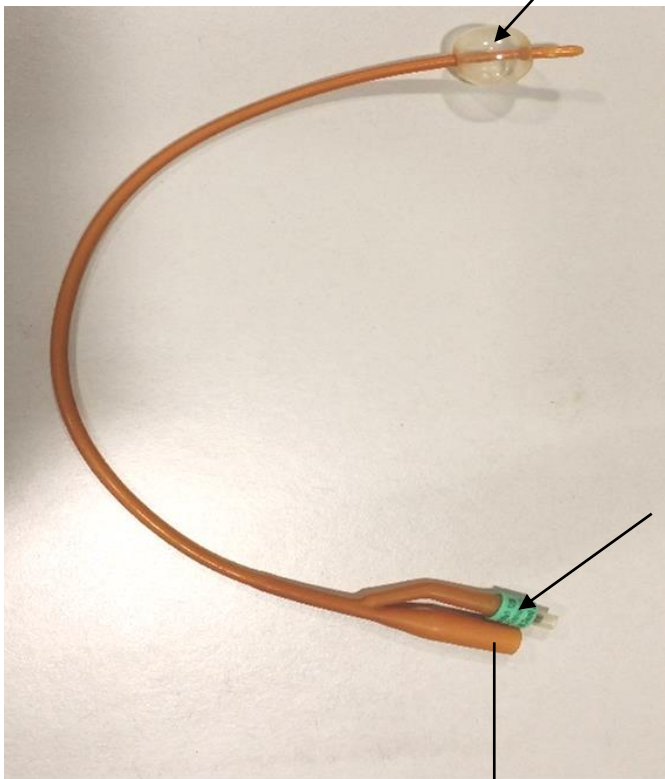
It is kept in place by an inflated balloon.

The catheter is changed once every two to six weeks depending on the material of it.

Your nurse or doctor will perform this change for you.



Parts of a Urinary Catheter



Balloon

- A balloon near the tip of the catheter is inflated with sterile water after insertion into the bladder
- This prevents the catheter from slipping out of the bladder

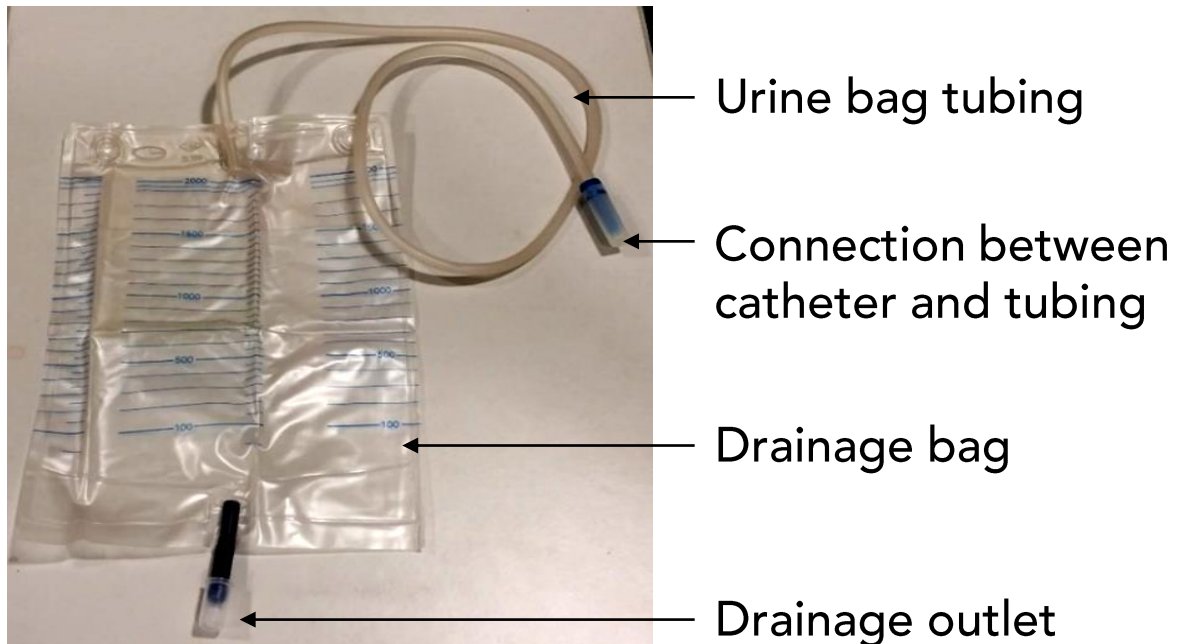
Balloon port

- Do not deflate the balloon (e.g. inserting items into the balloon port)

Urine drainage port

Parts of a Drainage Bag

- A drainage bag is connected to the catheter to collect the urine. It needs to be emptied when it is half-filled.
- It is changed every two weeks or when torn or leaking.



How Do I Care for My Catheter and Drainage Bag?

1. Hand Hygiene

- To prevent infections, you need to wash your hands with soap and water, rinse well and dry with a clean tissue paper:
 - Before preparing items for catheter care
 - Before and after touching the catheter or urine bag
 - Before and after putting on gloves



How Do I Care for My Catheter and Drainage Bag?

2. Perineal Hygiene (area between the thighs)

- Shower as per normal
- Wash perineal area daily with soap and water:
 - After passing motion
 - If there is vaginal discharge
- Wash in one direction from front to back towards the anus
- For uncircumcised males, retract the foreskin, wash and reposition foreskin
- Dry thoroughly with a clean towel or tissue
- **DO NOT** use talcum powder or cream as it may cause infection if it is not cleansed thoroughly

How Do I Care for My Catheter and Drainage Bag?

3. Positioning of Urine Bag

- Keep the urine bag below the waist at all times to prevent backflow of urine into the bladder
- Ensure that the urine bag tubing is not bent or kinked
- Outdoor
 - You can strap the urine bag inside your pants by using a cotton string to hold the bag around your waist
- At home
 - Use the urine holder provided to hang the bag at your waistband or from the belt of your pants, and at the side of the bed when lying down

Outdoor



At Home



How Do I Care for My Catheter and Drainage Bag?

4. Taping of Urinary Catheter

- Taping helps to minimise friction, pain and discomfort at the opening of the urethral canal (where urine is excreted)
- Use 2 x 4" inch surgical tape to secure the catheter
- Tape the catheter onto your lower abdomen at a different area each time
- Change the surgical tape daily or when it becomes loose
- It is advisable for males to wear briefs to support the penis upright
- Loop the catheter/tube before taping it to avoid pulling of the catheter

Female



Male



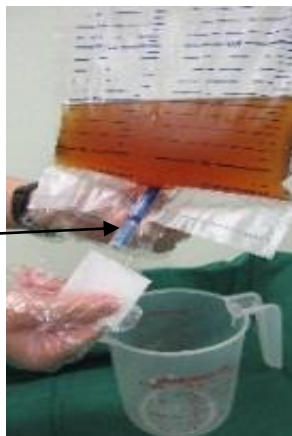
Loop the catheter

How Do I Care for My Catheter and Drainage Bag?

5. Emptying of Urine Bag

- Empty the urine bag when it is:
 - Half-filled
 - Before bedtime
 - Before leaving the house
- Wash your hands before and after emptying the bag
- Clean the drainage outlet before and after emptying:
 - Wash it with soap and water then dab dry with a tissue paper or
 - Use wet tissues or alcohol wipes
- Keep the drainage outlet away from the edge of a container or toilet bowl
- Release the drainage outlet and empty the urine into the container or into the toilet bowl
- Close the drainage outlet after emptying and before cleaning the bag

Drainage outlet

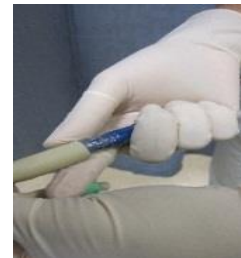
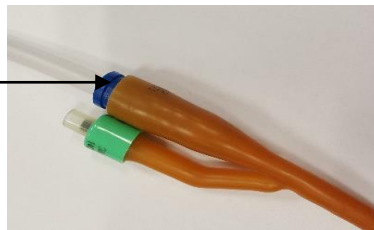


How Do I Care for My Catheter and Drainage Bag?

6. Changing Urine Bag

- The urine bag can be used for two weeks unless it is torn
- Wash your hands before and after changing the urine bag
- Check that the new drainage bag is not damaged before closing the drainage outlet
- Clean the junction between the catheter and urine bag tubing with soap and water or alcohol swab before disconnecting the old urine bag

Junction
between the
catheter and
urine bag



- Disconnect the old urine bag from the urinary catheter using your thumb and forefinger
- Remove the cap from the new urine bag and connect it to the catheter
- Empty the old urine bag before disposing of it



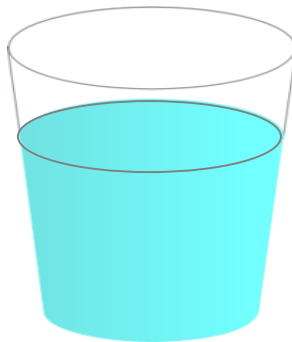
How Do I Care for My Catheter and Drainage Bag?

7. Managing Urine Bag

- Eat two servings of fruits and vegetables daily to prevent constipation



- Drink at least 1.5 litres or seven to eight glasses of fluids a day, unless advised otherwise by your doctor



- Taking fruit juices such as cranberry juice may help to reduce the risk of urinary tract infection (an infection in any part of your urinary system – kidneys, ureters, bladder and urethra)

When Should I Consult My Doctor/Nurse?

Please consult your doctor/nurse if you experience the following:

- Suprapubic (area above the pubic bone) and loin (area between the hips and lower ribs) pain
- Fever
- Blood-stained or cloudy urine
- Bloated bladder with no urine output
- Reduced or no urine output
- Urine leaking around the catheter
- Skin redness around the groin



Note:

If no urine drains from the catheter, make sure that:

- The urine bag is below your waist level
- The catheter and the urine bag tubing is not bent or kinked

If there is still no urine draining out after ensuring the above points, the catheter may be blocked. You will need to consult your doctor/nurse.

Items to Prepare for Changing Urinary Catheter at Home

- Sterile Catheterisation Set
- Urinary Catheter
 - Materials:
 - Silicone Elastomer coated, Size 12, 14, 16, 18
 - Hydrogel coated, Size 12, 14, 16, 18
 - 100% Silicone, Size 12, 14, 16, 18
- Urine bag
- Cleansing Solution
 - Chlorhexidine Gluconate 0.05%
 - Sodium Chloride 0.9%
- Male – Lignocaine 2% gel
- Female – Water-based Lubricating gel
- Sterile Water for Injection (20mls)
- Syringe (10mls)
- Surgical tape

Clinic 2A
TTSH Medical Centre, Level 2
Contact:
6357 7000 (Central Hotline)



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