

# Catheter Care

Proper catheter care is crucial for your health. This flyer offers essential tips to keep your catheter clean and functional, helping you stay comfortable and infection-free.

## Before your catheter change

- Have a glass of water 30 minutes before your scheduled visit.
- Take any required medications/analgesics.
- Gather all the required supplies for your catheter change and place them next to the bed.
- When the Empower nurse arrives empty your catheter bag.

## General catheter care

### Cleaning

- Keep the area where the catheter is inserted clean.
- Wash it gently using a mild soap and water. Rinse well and dry thoroughly afterwards. Cleaning the area during your shower is fine.
- Wash your hands before and after touching the area where the catheter is inserted.
- Drink plenty of water as it will help to flush bacteria from your bladder and urinary tract, unless you are on a fluid restriction.

### Avoid

- Avoid the use of talcum powder.
- Try to avoid constipation.
- If you have an indwelling catheter, check there are no kinks in the drainage bag tubing or that the leg bag straps aren't blocking the flow.

### Positioning

- Make sure the bag is below your bladder when you are lying, sitting or standing.
- Ensure the catheter is attached to your inner leg (thigh or calf) using an adhesive (see figure 1) or strap type of fixation device (see figure 2).
- Correct positioning will ensure that the catheter is comfortable and, in males, will not cause pressure or discomfort at the tip of the penis.
- It is recommended that you change the position of the bag from one leg to the other every day to avoid damage to the skin.

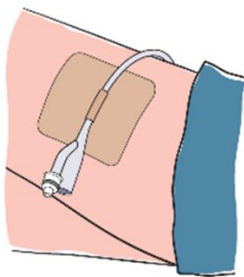


Figure 1

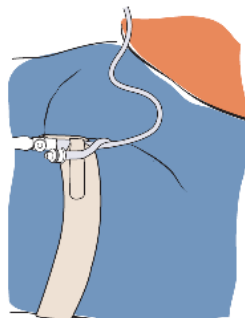


Figure 2

## Equipment

- Catheter of selected size
- Catheter pack
- Lignocaine for Male IDC and some SPC
- Leg bags: can be changed weekly.
  - If the bag becomes damaged, is difficult to empty or becomes uncomfortable to wear, it should be changed sooner.
- Night bags: should be used overnight, these attach to the drainage tube of the day bag.
  - Ensure the clamp is open on the day bag and closed on the night bag.
  - If the night bag has a drainage tap, it can be reused. Wash the bag thoroughly with warm soapy water each morning, rinse well and allow it to dry.

## To change the leg bag

- Wash and dry your hands thoroughly.
- Release the bag from your leg by undoing the straps or removing it from the bag holder.
- Open the packet of your new drainage bag ready to be connected.
- Pinch the end of the catheter with your fingers, so that no urine can drain out, and gently disconnect the bag. Put this bag aside.
- Remove the plastic cover from the tip of the new bag and immediately connect it to the drainage port of your catheter. Always take the bag to the catheter not the catheter to the bag.
- Re-secure your new leg bag to your leg using straps or your leg bag holder.
- Empty the urine from your old leg bag into the toilet, place it in a plastic bag (can be wrapped in newspaper as well), secure it and put it in the rubbish bin (not recycling).
- Wash and dry your hands thoroughly.

## Symptoms of a Urinary Tract Infection (UTI)

- Cloudy or strong-smelling urine.
- A burning, itching or sore feeling around the catheter.
- Blood in your urine.
- Abdominal (stomach) pain.

- You may also feel generally unwell, have a fever or have discomfort in your lower back or around your sides.
- See your doctor straight away if you suspect you have a urinary tract infection (UTI).
- If you have an infection, you may need antibiotics. It's also usually a good idea to drink more water, to flush the bacteria away.



Our Nursing team provide a holistic and tailored approach to match your needs, get in touch if have any further questions or concerns.