

Caring for your Urinary Catheter

What is a Catheter

A catheter is a hollow rubber tube that goes into your bladder. It has a balloon on the end which, when inflated, holds the catheter in place inside your bladder. The catheter continuously drains urine from your bladder into a drainage bag.

You and Your Catheter

- When you are out of bed during the day you may find a leg bag more comfortable and convenient. In bed you will need to replace the leg bag with the much larger night drainage bag.
- You may shower or do as you did before with your catheter connected to the bag. The catheter will drain best if the drainage bag is hanging low and you keep the tubing over your leg.

Preventing Infection

- Anyone who has a catheter is at risk of getting an infection. Bacteria can get into your urinary tract at the point where the catheter enters your body.
- To reduce the possibility of infection, avoid touching the floor with your drainage bag. If the bag rests on the floor place a clean towel beneath it.

Wash your hands well before handling the tube or drainage system. Ensure the point where the catheter enters your body is kept clean by:

1. Cleaning the area twice a day or more often if necessary
2. Using a clean face cloth and warm water for cleaning
3. Cleaning away from the body, never toward

Attaching the Leg Bag

- Wash your hands
- Remove the protective cap from the leg bag
- Remember not to touch the ends of the connecting tubing
- Pinch off the catheter using your thumb and forefinger
- Attach leg bag to catheter
- Place leg bag on inside of your leg and fasten straps, securely

How to Attach the Night Drainage Bag

- Wash your hands
- Remove protective cap from drainage bag and set aside
- Pinch off catheter using your thumb and forefinger
- Remove leg bag from catheter and now attach the drainage bag to catheter

Emptying the Drainage Bag

Leg Bag

- Wash your hands
- Remove the stopper, drain all the urine into the toilet
- Remember not to touch the drainage opening
- After the urine is drained, replace the stopper
- Empty frequently to prevent tension from the weight of a full leg bag

Night Drainage Bag

- Wash your hands
- Remove the drain tube from its sleeve, unclamp the tube, drain all the urine into the toilet
- Remember not to touch the drainage opening
- When the bag is empty clamp the tube and reinsert it into the sleeve on the drainage bag



Notify Your Doctor If Any of The Following Occur

- The catheter falls out
 - The catheter is not draining
 - You have signs and symptoms of urinary tract infection:
 - Cloudy urine, blood in urine, fever, feeling lethargic, tenderness over the bladder, flank pain
-