

Information for your District Nurse and GP

Date Inserted: _____

Type of Catheter: Hydrogel coated / Silicone coated / 100% silicone

Size of Catheter: _____ Female / Male Length

Balloon Size: _____ No. of mL in Balloon: _____

Date for trial removal/change of catheter:

Other information (relevant medications, etc)

Acknowledgement to Canterbury
DHB Urology Service for develop-
ing this resource



YOU & YOUR CATHETER

Patient Information

Home Health Care

Looking after your catheter at home

District Nursing: Pukekohe 09 237 0650
Papakura 09 295 1250
Howick 09 270 4758
Orakau 09 270 4730

What is a catheter?

A catheter is a fine tube placed in your bladder to drain urine. Your doctor will have explained why you have a catheter in place. It may be due to:

- Inability to pass urine
- To allow healing after urology surgery
- Management of urinary incontinence
- To allow bladder function tests

The catheter is held in place by a balloon filled with water and sits in the base of the bladder. The catheter will not fall out in normal use.

Most catheters can be left in place for 12 weeks. Your doctor/nurse will tell you when your catheter is due to be changed.

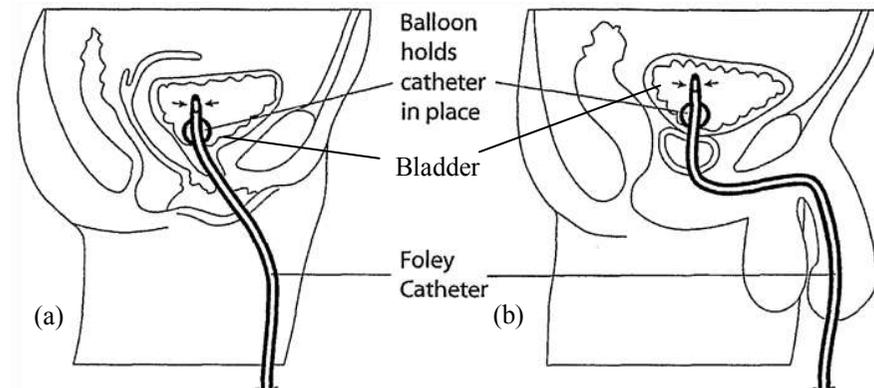


Figure 1: (a) Side view of female with catheter

(b) Side view of male with catheter

Never try to remove the catheter without medical or nursing advice, you may hurt yourself.

Supplies

If you require a catheter for a long term period, your doctor or nurse will have arranged your catheter requirements through the District Nursing Service.

The District Nursing Service will contact you once they have received a referral. They will supply you with enough catheter bags to cover until review by Urology or arrange regular supplies and catheter changes.

If you need extra supplies please ring your local District Nursing office

Monday to Sunday, 8.00 am—4.30 pm

If you go away on holiday, remember to inform the supplier USL 0800 658814 so they can arrange extra supplies you may need to take with you.

On Discharge from Hospital

The nurse will give you:

- A letter for your GP with details of your conditions and follow-up care including date for change of catheter if required.
- One leg bag and night bag.

Follow-up Care

A referral will have also been sent to the District Nurses and possibly Urology Department (bladder doctors) and you will be sent an appointment to discuss what is going to happen next. This may be one of the following:

Trial removal of catheter (TROC)

If you are required to have the catheter removed, this will be done by your GP or District Nurse. You will receive an appointment for this. You will be required to have a morning and afternoon appointment. Be prepared to drink plenty of fluid during the day.

Permanent Catheter

If your catheter is to remain permanently, it will need to be replaced periodically as determined by medical or nursing advice. Your District Nurse or GP will be responsible for changing your catheter.

Please contact your GP or District Nurse if you have not received a follow up appointment four to six weeks after your catheter has been inserted.

District Nursing:	Pukekohe	09 237 0650
	Papakura	09 295 1250
	Howick	09 270 4758
	Orakau	09 270 4730

During the day

The catheter is attached to a drainage bag or leg bag. Urine drains directly into this bag.

- The leg bag is held in place with leg straps
- The bag may come in two lengths so that it can be worn on your calf or your thigh.
- **This leg bag is to be worn at all times and only disconnected when a new bag is to be fitted fortnightly.**
- Empty the leg bag using the drainage tap at the bottom of the bag. This should be done every 3-4 hours or before it becomes more than 3/4 full.
- Always keep the drainage bag **lower** than the bladder.
- The leg bag is changed two weekly.

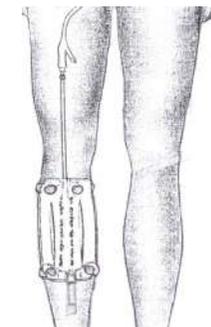


Figure 2: Leg Bag

Catheter Valves

A catheter valve may be used instead of a leg bag. This valve needs to be opened 3-4 hourly or sooner if your bladder feels full .

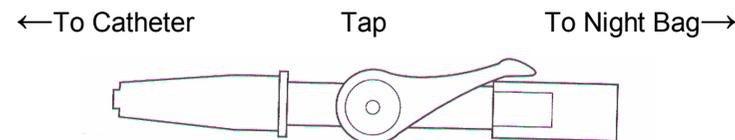


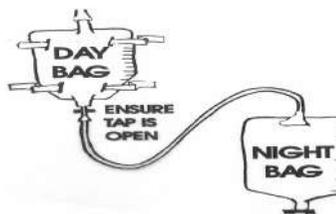
Figure 3: Catheter Valve

The valve is changed every 14 days.

Night Bag

At night, a larger bag is attached to the bottom outlet of the leg bag or valve. The night bag has a larger capacity and longer tubing, allowing greater movement when in bed.

A night bag can be attached to the catheter valve. The night bag is replaced 2 weekly.



To fit the Night Bag:

- Remove the coloured cap from the night bag tubing.
- Connect the fluted tip of the night bag into the bottom outlet of the leg bag.
- Open the outlet tap on the leg bag so the urine can run freely into the night bag.
- When in bed, the night bag must be lower than your bed to aid drainage.
- Place the night bag in a container to keep tubing straight, eg. Ice cream container, to contain possible leakage.

In the Morning:

- Close the leg bag bottom outlet and detach the night bag. Empty the night bag contents into the toilet or suitable container.
- Wash out the night bag with warm soapy water and hang up to dry.

It is important to seek treatment if you experience fever, loin pain, significant blood in your urine and unexplained sudden onset of confusion.

Bleeding	
Cause	<ul style="list-style-type: none"> • Irritation of bladder or urethra by the catheter or infection as above
Signs	<ul style="list-style-type: none"> • Blood in the urine or around the catheter
Treatment	<ul style="list-style-type: none"> • Increase your fluid intake • If the bleeding persists or is still heavy after two days, contact your GP. • Contact your GP who may take a urine sample and prescribe a course of antibiotics.
Bladder spasm / Leakage around your catheter	
Cause	<ul style="list-style-type: none"> • The bladder attempts to expel the catheter by creating pressure. This forces urine out around the catheter causing pain and leakage.
Signs	<ul style="list-style-type: none"> • Lower abdominal pain. • Leakage of urine. • Decreased urine in the catheter bag.
Treatment	<ul style="list-style-type: none"> • Take regular four hourly panadol while pain is present. • Take regular Oxybutynin (anti-spasmodics) or Probanthine tablets to relax the bladder as prescribed by your doctor. • If pain persists, contact your doctor or nurse.
Catheter falling out or leaking	
Cause	<ul style="list-style-type: none"> • Faulty balloon or damaged catheter. • Bladder spasm.
Treatment	<ul style="list-style-type: none"> • If you can pass urine call your nurse in office hours. • If you cannot pass urine yourself, and the bladder becomes painful seek immediate help from your GP or emergency department.

Problem Solving

For most people, managing a catheter at home is straight forward and free from complication. However, there are some minor problems which may arise.

Urinary infection

Cause	<ul style="list-style-type: none"> Bacterial contamination
Signs	<ul style="list-style-type: none"> Felling unwell– raised temperature above 37.5 C Leakage of urine around tubing Smelly, cloudy urine Abdominal pain Bleeding
Treatment	<ul style="list-style-type: none"> Increase your fluid intake. Contact your GP who may take a urine sample and prescribe a course of antibiotics. Contact your District Nurse if you have the above symptoms as your catheter may need changing Try taking 3x glasses of cranberry juice per day as a preventative measure. For the most common (e-coli type) urine infections.

There is no urine in your bag for several hours

Cause	<ul style="list-style-type: none"> The tubing could be kinked or bent You have not been drinking enough Constipation Blocked catheter due to debris or clots The bag is above bladder level
Signs	<ul style="list-style-type: none"> Very little or no urine passing into the bag. Leakage of urine bypassing tubing
Treatment	<ul style="list-style-type: none"> Increase your fluid intake Check the placement of your catheter tubing and drainage bag. Try moving or walking around, this may dislodge a blockage If four hours or longer pass and no urine passes, then contact your doctor or nurse.

How to keep your catheter working properly

Always wash your hands before and after touching your catheter or drainage bags

- Drink at least 8 glasses/cups of fluid in a 24 hour period (unless advised otherwise by medical practitioner).
- Avoid constipation as this can affect catheter drainage. If constipation is a problem, ask your nurse for help or advice. High fiber foods can help such as pawpaw, baked beans, lentils wholemeal bread, porridge, muesli and brown rice
- Where possible, take regular exercise.
- Avoid bending or kinking the catheter tubing.
- When using an electric blanket, place a drawsheet (or plastic macintosh with a fabric backing) between the electric blanket and the sheet as a preventative measure if leakage occurs.

Ensure that you have a spare catheter and the related equipment at hand ready for the next change

Personal Hygiene

- Wash the area around your bladder outlet and catheter daily.
 - Women should wash from front to back.
 - Uncircumcised men should pull their foreskin back up over the tip of the penis after washing.
- Showering is preferable to bathing.
 - Leave the leg bag in place and towel it dry afterwards.
- Use unscented soap and warm water and rinse well to avoid irritation.
- Dry the area well, including the leg bag and straps with a soft towel.
- Avoid using talcum powder or any creams around this area unless prescribed by your doctor.

When having Sexual Intercourse

- Both partners should wash the genital area before and after intercourse.
- Women can tape the catheter forward onto the abdomen out of the way.
- Men can fold the catheter tubing down over the erect penis, apply a condom and tape it in place.
- Use plenty of water-soluble lubricant, eg. KY Jelly, *not* Vaseline.
- Very rough intercourse should be avoided and it may be necessary to find a new position which makes it comfortable for the partner with the catheter.
- If your catheter is causing you problems during sexual intercourse, do not hesitate to discuss this with your doctor.

To Change the Leg Bag

1. Wash and dry your hands. Place a folded toilet tissue on your lap between you and the catheter, with your replacement leg bag beside you.
2. Take care not to touch the tops of any connecting tubing.
3. Pinch off the end of the catheter.
4. Withdraw the fluted end of the leg bag tubing from the catheter.
5. Remove the protective cap from the new bag and immediately insert the tube into the catheter.
6. Secure the new bag using the straps provided.
7. Empty urine from the old drainage bag into the toilet.
8. Dispose of the old bag in the rubbish.
9. Wash and dry your hands.
 - The leg bag may also be changed when the bag is damaged.
 - Catheter and leg bag should only ever be disconnected at the time of the bag change.

