

Catheter Cares

Parents / Caregivers Guide

Key Information

Date of Insertion:

French Size:

Balloon Fill Volume mls:

Home Care Team:

Phone Number:

Other

SUPPLIES

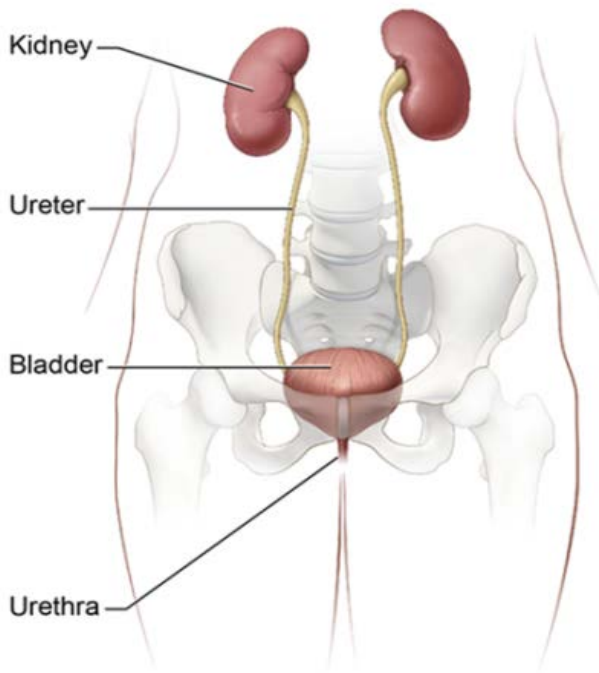
When you are discharged from hospital, your nurse will provide you with a spare day bag and night bag. Further supplies will then be provided by your District Nurse.

The Bladder

The bladder is a hollow, muscular organ in the pelvis behind the pubic bone.

The bladder has two functions

1. To collect and store urine
2. To empty the urine (voiding)

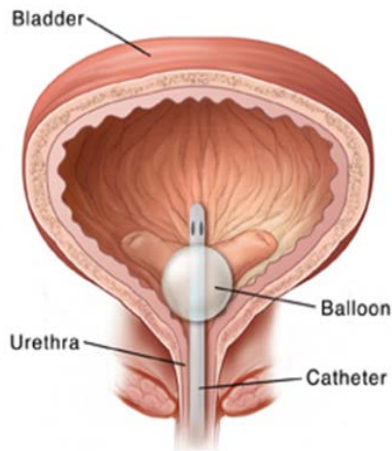


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Urinary System

What is a Urethral Catheter?

A urethral catheter is a small flexible tube that is inserted into the bladder via the urethra to allow urine to drain. It is held in place by a balloon filled with water that rests at the base of the bladder.



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Why is it necessary and how long will I have it?

Some of the reasons why a urethral catheter may be required are listed below:

- Inability to pass urine
- To allow the urinary system to heal after certain surgery
- For the management of urinary incontinence

The length of time it is needed will depend on why it was inserted. Your Doctor will discuss this with you.

Equipment

There are two types of urine drainage bags

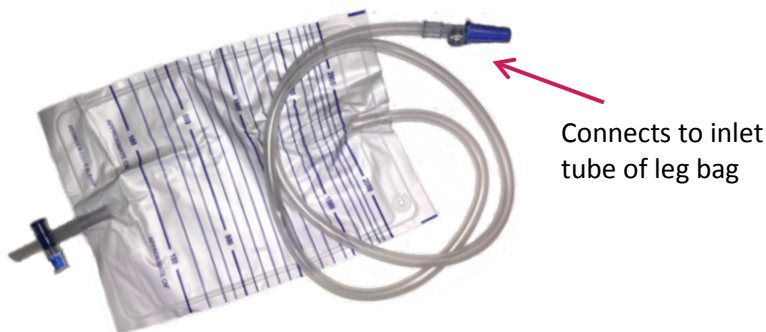
Leg bag

This is attached directly to the catheter and collects the urine during the day. This needs to be regularly emptied into the toilet or other receptacle throughout the day.



Night bag

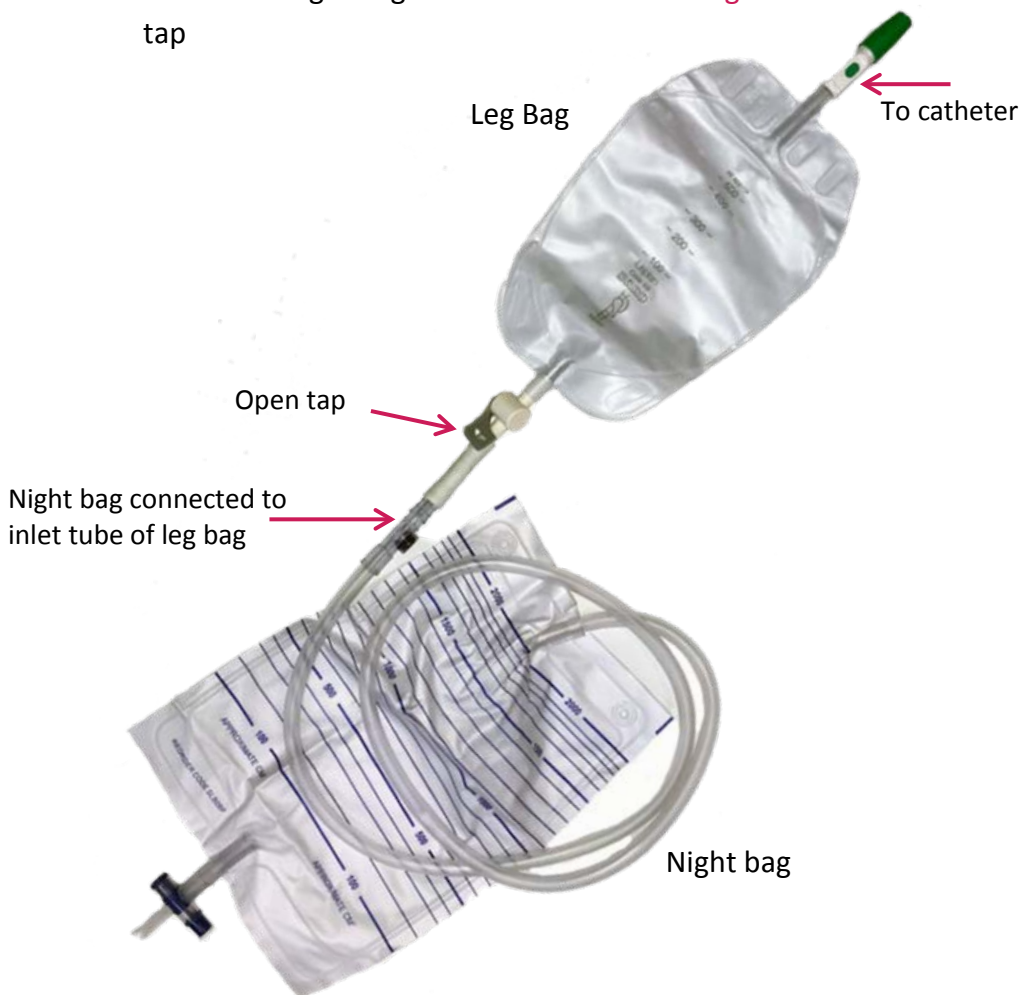
This attaches directly to the leg bag each night. This means you do not have to disconnect the leg bag from the catheter.



For overnight drainage, you will need to connect the night bag to the day bag, as shown in the picture below.

Begin with:

- Washing your hands thoroughly
- Then empty your day bag, and **with the tap still open**, push the end of the night bag tube into the **inlet tubing** at the end of the tap



CATHETER CARE AND CLEANING

The following are guidelines for caring for your catheter at home:

Hygiene

You should always wash your hands thoroughly before and after

- Emptying the drainage bag
- Changing the drainage bag
- Anytime the catheter is handled

General Care

- Shower regularly – daily if possible
- When washing, make sure you clean the skin around the catheter and perineum (the area between the urethra and the anus) thoroughly with warm water
- If you use soap, always rinse well or the soap may cause soreness and irritation
- Do not use creams, powders or ointments around the catheter unless a Doctor has prescribed them

Cleaning the Night Bag

- Empty the urine from the night bag down the toilet
- Wash the inside and outside of the night bag with warm, soapy water and then rinse with warm water to clear the soap
- After rinsing, shake off excess water and dry the outside with a clean towel or disposable towel
- Recap the end of the tubing
- Store the night bag in a clean, dry container with a lid
- Do not leave the bag soaking in a solution as this will damage the bag

You will be provided with a supply of night bags. They will usually last a week unless they become discoloured or smell.

Promoting Drainage

Unless your child's doctor has told you otherwise, you should encourage your child are advised to drink approximately

- 1-3 yrs – 1 litre (4 cups)
- For older children 1.2 -2 litres (5-8 cups)

Their urine should be clear and a light yellow colour.

Drinking plenty of fluids will help the catheter to drain, lessen the risk of infection and blockage of the catheter by debris.

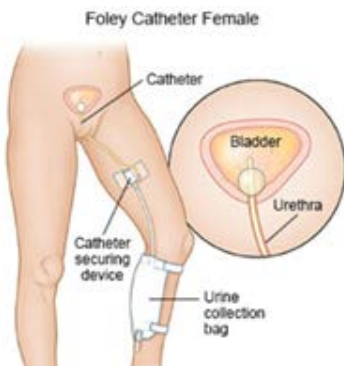
It is also important to maintain a regular bowel regime to prevent constipation.

It is important to check that the drainage tubing is not kinked as this will prevent urine draining from the bladder. This is especially important if you are using a night bag for overnight drainage as this longer tubing can become kinked more easily.

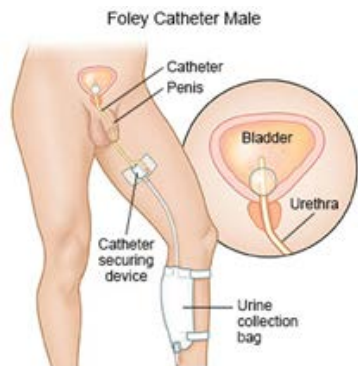
Urine must always drain “**downhill**”, so keep the drainage bag below the level of the bladder at all times. This allows the urine to drain by gravity.

You can ensure the bag is low enough by:

- Wearing a leg bag during the day
- Attaching the leg bag with straps above or below the knee
- Placing the night bag so that it is lower than your bed



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TIPS AND ADVICE

Prevent pulling on the catheter

Traction or “pulling” on the catheter may cause discomfort and injury to the bladder and urethra. You can prevent pulling by:

- Wearing a leg bag during the day. This is strapped comfortably to your leg & will prevent you from treading on the tube
- Empty the bag regularly. It will become heavy when it is full

Do not allow the drainage bag to drag on the floor

Leaking Around the Catheter

Urine leakage around the outside of the catheter is fairly common. It is also referred to as by-passing. It is sometimes a result of straining or bladder spasms. You may need to wear a small pad inside your underwear for protection.

Please check urine is still draining into your leg bag. If urine is not draining:

- Ensure catheter or catheter tubing is not kinked
- Ensure the drainage bag is below the level of your bladder
- Is the drainage bag connected securely to the catheter
- Ensure bag is emptied frequently to prevent becoming too full

If it is still not draining, you will need to contact your GP or District Nurse **immediately**.

Bladder Spasms

These present as mild to severe pain or cramping caused by sudden bladder contractions. These are infrequent and can be caused by irritation from the catheter. Please contact your GP or District Nurse if this is not relieved by pain medication.

Blockage

If your catheter is not draining contact your GP or District Nurse **immediately**. Check that the catheter tubing has no kinks and that the drainage bag is below the level of your bladder.

Your catheter may be blocked and may require flushing or replacing.

Catheter Falling Out

If your catheter falls out, contact your GP or District Nurse immediately.

RECOGNISING INFECTION

A complication associated with catheterisation is infection. This is because a catheter provides a direct route for bacteria to enter the bladder.

Contact your GP **IMMEDIATELY** if you experience any or all of the symptoms listed below:

- Fever or chills
- Irritable
- Lethargic
- Feeling unwell
- Cloudy appearance of urine
- Offensive smelling urine
- Blood in the urine
- Tenderness over the bladder region or back

