

Buying new straps and bags

If I run out of catheter straps, leg bags or overnight drainage bags, you can buy new supplies from:

BrightSky (NSW) Tel: 1300 886 602

Australian Independence Health
Solutions Tel: 1300 788 855

Changing your catheter

Your catheter needs to be changed every four to six weeks.

We will tell you when and where to go to have your catheter changed. After a new catheter has been put in, you might feel bladder spasms or cramps. This is normal. It usually goes away after one or two days.



When should I call my nurse or doctor?

You should call your community nurse or General Practitioner if:

- Your urine looks cloudy (not clear).
Your urine has a strong smell.
- Your urine looks bloodstained.
Your urine is leaking from around the catheter.
- You have pain or tenderness over your lower back.
- You have chills or a fever.
- You have pain or discomfort from your catheter.

If you cannot contact your community nurse or General Practitioner, please go to your local Emergency Department.

Notes _____

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NSQHS
STANDARDS
A better way to care



ST VINCENT'S
HOSPITAL
SYDNEY

Looking after your Catheter

St Vincent's Hospital
390 Victoria St
Darlinghurst NSW 2010
Tel: (02) 8382 1111

A FACILITY OF ST VINCENT'S HEALTH AUSTRALIA



A catheter is a tube used to drain fluid (e.g. urine) from your body. Your bladder cannot empty itself,

so we put a catheter into you to drain your urine. Urine from the catheter goes into a urine bag (leg bag or overnight drainage bag) or a special valve (called a catheter valve).

We will connect your catheter to a urine bag or to a catheter valve.

How do I care for my catheter?

Wash your hands with soap and water, then dry your hands. Do this before and after you touch your catheter, urine bags, or valve. Everyday use soap and water to wash around the area where the catheter goes into your body.

Use a special strap (called a catheter strap) to attach the catheter tube to your upper thigh. This keeps the catheter secure and prevents damage to your body.

Urine bags



For the daytime

- Use a leg bag.
- Use straps on the leg bag to secure it to your lower leg or thigh.

- Empty your urine bag into the toilet at least every 8 hours.
- Replace your leg bag once a week.

For overnight

- Attach the overnight drainage bag to the bottom of the leg bag.
- There is a tap between the leg bag and the overnight bag. Make sure the tap is open.
- Hang the overnight bag below the level of your bladder. Keep the overnight bag off the floor to keep it clean.
- Replace your overnight bag when your catheter gets changed. You can dispose of the old drainage bag in your general waste bin.
- Your community nurse will educate you to clean the overnight bag daily in Milton's Solution.

In the morning

- Close the tap on the leg bag, then disconnect the overnight bag from the leg bag.
- Empty your overnight bag into a toilet.

Keeping your catheter working well

Drink two to three litres of fluid every day, unless your doctor tells you otherwise. Drinking enough fluid will help reduce the chance of an infection or the catheter getting blocked. Try not to get constipated. Being constipated can stop the catheter from draining properly.

If you are getting constipated and need help talk to your community nurse or general practitioner.

What do I do if my urine isn't draining into the bag?

If your urine has not come out for over four hours:

Look at the tube to see if it is bent. If it is bent, straighten it up.

There may be a blockage in the tube. Drink some water to help flush a blockage in the tube.

Go for a walk to help move a blockage in the tube.

If these things don't work then telephone your community nurse or general practitioner.

Catheter valves

If you have a catheter valve:

You need to open the valve every three to four hours, so you can empty your bladder.

If three to four hours is uncomfortable for you, then you can open the valve more often.