



Patient Urinary Catheter Passport

Looking After Your Urinary Catheter

Information for patients and carers: The passport is a hand held patient document for those patients with a long term catheter. The passport aims to increase communication between professionals but also provides standard information for patients. **Remember to take this with you every time you go to hospital.**

Introduction

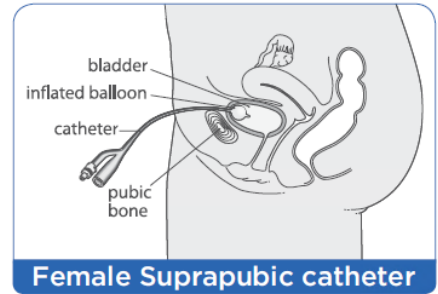
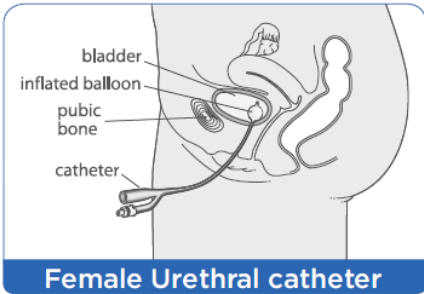
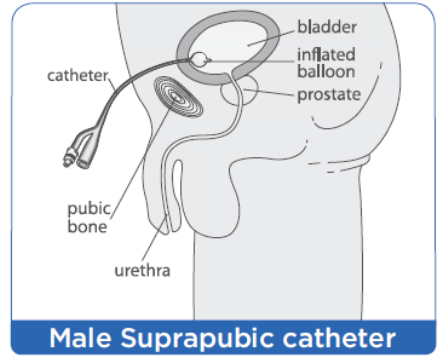
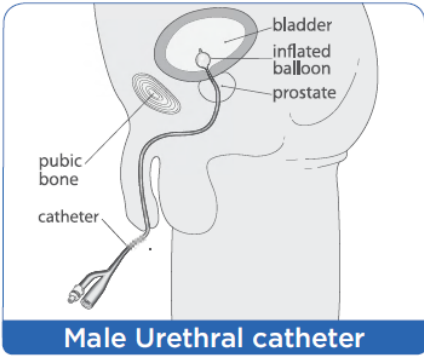
This passport will tell you how to look after your urinary catheter.

What is a urinary catheter?

An indwelling urinary catheter is a soft flexible hollow tube used to drain urine from the bladder.

Once in place a small balloon at the catheter tip is inflated to stop the catheter falling out. A drainage bag or valve is then attached. Never remove the catheter yourself unless you have been taught by a health care professional.

The catheter is inserted into the urethra (the opening of which is situated at the tip of the penis or just above the vagina) or through a hole made in the abdomen (suprapubic catheter). The catheter is then guided into the bladder, allowing urine to flow through it and into a drainage bag which will be attached to your leg. Some people may have a valve at the end of the catheter instead of a drainage bag.



Why have I got a catheter?

The most common reason to have a catheter at home is because you are unable to pass urine normally. If you have not been told why you have a catheter, please ask.

What should I do if I have pain and discomfort?

Lower abdominal or tummy pain can be experienced when a catheter is first inserted but should pass. Check that your drainage bag is not pulling on your catheter and that it is adequately supported. If this continues, contact your Nurse for advice. Pain in lower abdomen or back (with or without fever) could indicate urinary tract infection. Seek advice from your Doctor.

When will my catheter need changing?

Your Nurse will advise you on how often and where your catheter needs changing and also how to obtain further supplies of catheter equipment.

How do I look after my catheter on a daily basis?

- Empty the leg bag when it is approximately two thirds full of urine (see photos on page 26).
- If you have a valve attached to your catheter instead of a leg bag, you should open the valve and empty your bladder:
 - when you feel that it is full
 - before going to bed
 - first thing in the morning

- during the night if necessary
 - at least every 3–4 hours during the day
 - before opening your bowels
- Replace the leg bag or valve once a week.
 - To help prevent infection, only disconnect the leg bag or valve weekly when it is replaced with a new one.
 - Keep your leg and night bag below the level of your bladder to prevent the back flow of urine.
 - Attach a 2 litre bag to the leg bag (see pictures on page 26) or valve every night, to prevent having to empty the bag overnight. Remember to open the valve from your leg bag or catheter valve, which is connected to the 2 litre bag.
 - Close the leg bag or catheter valve and remove the night bag every morning and dispose of it (see page 26).
 - If you have a suprapubic catheter and there is a small leakage around the insertion site, you will have a dressing for the first few days until the leakage has stopped. The area can be washed as described when the dressing has been removed.
 - Avoid constipation as this can interfere with catheter function.

How can I reduce the risk of getting an infection?

- It is essential that the highest standards of hygiene are maintained at all times.
- Wash your hands before and after touching your catheter or drainage bag.
- Wash the skin in the area where the catheter enters the body with non-perfumed soap and water at least twice a day.
- Carefully wash under the foreskin (unless you have been circumcised). Dry the area thoroughly and ensure the foreskin is replaced over the end of the penis. Always wash the genital area from front to back to prevent contamination from the back passage. Dry the area thoroughly.
- Avoid the use of talc, antiseptic, bubble bath or bath salts and creams. These can cause irritation.
- Do not remove your leg bag when you have a bath or shower. **SHOWER IS PREFERRED.**

What should my urine look like?

- Urine should be a light yellow colour. If it is orange/dark brown, you may



not be drinking enough fluid.

1-3 Hydrated

4-5 Moderately Dehydrated – drink a bit more

6-7 Dehydrated – start drinking

- You should drink approximately 1.5 to 2 litres / 2.5 to 3.5 pints which is 8 cups or 5 mugs of fluid in 24 hours.
- Avoid caffeine as this may irritate your bladder. There is caffeine in tea, coffee, cola, some herbal teas and drinking chocolate. Try decaffeinated drinks.
- Some medication and foods may cause discolouration of urine. Your Nurse will be happy to discuss this with you.
- If your urine is cloudy and doesn't improve after drinking more, contact your Nurse.
- If your urine is bloodstained or has specks of blood in it, contact your Nurse.
- If you are passing bright red blood you should contact your Doctor.
- Some patients with Urinary Catheters have frequent blockages / infections and therefore may find benefit from certain fluids. For further information discuss with your Nurse.

What should I do if my catheter is not draining or it is leaking?

- Check the drainage bag is below the level of the bladder, particularly when sitting in a low chair.
- Make sure that the tubing is not kinked, twisted or restricted by tight clothing.
- Make sure that the tubing is not pulled tight or stretched as this may restrict urine flow.
- Check that the drainage bag is connected correctly. Make sure that the straps, which secure the leg bag to your leg, are positioned behind the leg bag tube.
- Urine will not drain if the bag is full. Empty the bag when it is approximately two thirds full.
- Constipation can prevent your catheter from draining. Ask your Nurse about eating a healthy diet to avoid constipation. It is recommended that 5 pieces of fruit or vegetables are eaten per day to promote health and maintain a healthy bowel
- Change your position, take regular exercise, but avoid anything too vigorous, ensure catheter is well supported. Walking encourages better drainage and dislodges any debris in the catheter.
- Make sure that you are drinking enough fluid (1.5 to 2 litres/ 2.5 to 3.5 pints which is 8 cups or 5 mugs in 24 hours).

- If you experience any urine leakage this may be due to bladder spasms, or urinary leakage via the urethra is quite common if suprapubic catheter in place. Please contact your Nurse.
- Check that your catheter is draining well at regular intervals throughout the day.
- Make sure the valve or leg bag tap is open when connected to the night bag.

How do I dispose of used catheter bags?

- Empty the contents into the toilet.
- Double wrap the bag (either in newspaper or a plastic bag).
- Place into your household waste bin. The bags are not recyclable.
- The bags should not be burned on an open fire or electric incinerator.

What about sex?

Sexual intercourse is possible even if you need a Urinary Catheter, but the genital area would need to be washed before and after sexual intercourse. Please discuss with your Nurse who will help advise on the best approach for you

When should I ask for help?

Your catheter should remain comfortable and pain free.

However, you should ask for help when:

- You experience acute lower abdominal or tummy pain.
- Urine is not draining or very little urine is flowing into the bag but your bladder feels full and you have followed the simple self-help measures within this information booklet.
- The catheter falls out and you are unable to pass urine.
- The catheter falls out and you can pass urine, contact your Nurse for advice.
- There is blood in your urine.
- Urine is cloudy, smelly or you have a burning sensation, which does not improve after drinking extra fluids. Please contact your nurse
- Urine is leaking around the catheter, enough to make your clothing wet.
- If you have a supra pubic catheter and the site becomes very irritated, swollen, red or tender.
- You have a fever; develop nausea, vomiting or feel unwell.

Storage of Catheter Equipment

It is important to keep an emergency stock of catheter equipment at home so that you are prepared if you encounter any problems. Please ask the nurse what stock is needed:

- Store any catheter equipment in their original packaging; in a dry, safe place away from direct sunlight and heat.

Going on Holiday?

- Make sure you have a spare catheter and enough catheter valves and/or bags to take with you to cover holiday period.
- It is a good idea to pack some of your products and equipment in a bag to take on the plane as well as in your suitcase; in case your suitcase gets lost.

Catheterisation records

All details of urinary catheterisation should be recorded in the appropriate sections as well as the appropriate nursing/medical records.

Completion of the booklet will enhance continuity of care for the patient between both community and hospital settings.

Personal Details

Name:

Address:

Contact Number:

NHS Number:

Allergies:

GP Details

Name:

Address:

Contact Number:

District/Community Nurse Details

Name:

Address:

Day Contact Number:

Out of Hours Contact Number:

Catheter Details

To be completed by a health professional

Reason for catheter insertion:	
Date and venue of insertion:	
Type of catheter (temporary or permanent):	
If long-term, who made the decision?	
Future treatment plan/ trial without catheter/ outpatient appointment:	
Antibiotic given at insertion?	Yes No

Catheter Details

To be completed by a health professional

Size/length of catheter:	
Balloon volume (ml):	
Current drainage system and ordering codes:	
Urinary drainage system:	Long/short tube: Leg bag: Y or N Night time drainage: Y or N Valve:
Was there any problem associated with catheterisation? <i>If yes, details of problems.</i>	
District nurse informed of discharge:	Y or N

Catheter Details

To be completed by a health professional

Date and venue:	
Catheter label*:	Antibiotic required for catheter change: Yes or No If yes: Stat gentamicin 160mg IM if > 60kg <input type="checkbox"/> Stat gentamicin 80mg IM if < 60kg <input type="checkbox"/> Other <input type="checkbox"/> If other, please specify <input type="text"/>
Reason for change:	
Problems:	
Date of next planned change:	
Print name:	
Signature:	

*Attach sticky label from catheter pack

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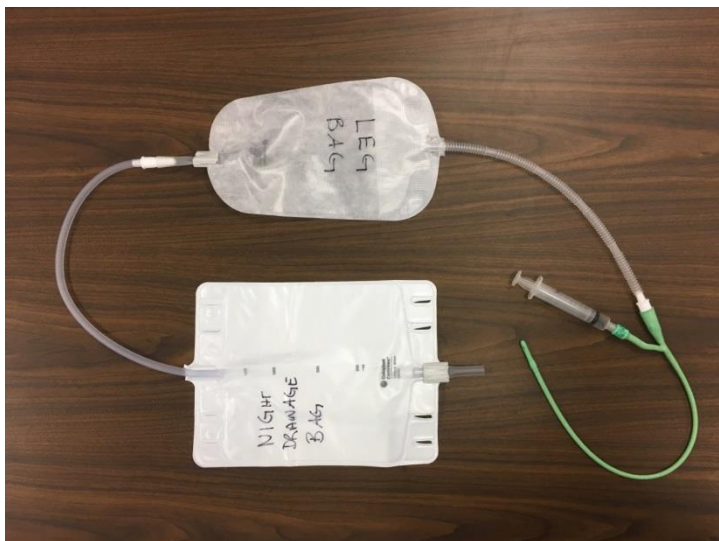
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Pictures of leg bag attached to night bag



Useful Information

Hospital-based teams

Royal London Hospital

Continence Service – 020 3594 2684

Urology CNS – 020 3594 2683

Newham Hospital

Continence Service - 020 7476 4000 ext: 8865

bleep: 4274

Urology CNS – 020 7363 8042

Whipps Cross Hospital

Continence Service - 020 8539 5522 ext: 5509;

bleep: 2566

Urology CNS - 0208 539 5522 ext: 5129

Community-based teams

Tower Hamlets Continence Service – 0207 771 5795

Waltham Forest Continence Service - 0208 430 8258

Newham Continence Service – 0208 475 2012

Hackney Adult Integrated Continence Service - 020 7683
4144

NHS Direct

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Large print and other languages

This information can be made available in alternative formats, such as easy read or large print, and may be available in alternative languages, upon request. For more information, speak to your clinical team.

এই তথ্যগুলো সহজে পড়া যায় অথবা বৃহৎ প্রিন্টের মত বকলিপ ফরম্যাটে পাওয়া যাবে, এবং অনুরোধে অন্য ভাষায়ও পাওয়া যতে পারে। আরো তথ্যের জন্য আপনার ক্লিনিকিয়াল টিমের সাথে কথা বলুন।

Na żądanie te informacje mogą zostać udostępnione w innych formatach, takich jak zapis większą czcionką lub łatwą do czytania, a także w innych językach. Aby uzyskać więcej informacji, porozmawiaj ze swoim zespołem specjalistów.

Macluumaadkaan waxaa loo heli karaa qaab kale, sida ugu akhrinta ugu fudud, ama far waa weyn, waxana laga yabaa in lagu heli luuqaado Kale, haddii la codsado. Wixii macluumaad dheeraad ah, kala hadal kooxda xarunta caafimaadka.

Bu bilgi, kolay okunurluk veya büyük baskılar gibi alternatif biçimlerde sunulabilir, ve talep üzerine Alternatif Dillerde sunulabilir. Daha fazla bilgi için klinik ekibinizle irtibata geçin.

کہ جیسا ہیں، سکتی جا کی دست یاب میں فارمیٹس متبادل معلومات پر رنٹ بڑا یا آسان میں پڑھنے اور درخواست پر متبادل زبانوں میں بھی دستیاب ہو سکتی ہیں۔ مزید معلومات کے لیے، اپنی کلینکل ٹیم سے بات کریں!

Patient Advice and Liaison Services (Pals)

Please contact us if you need general information or advice about Trust services: www.bartshealth.nhs.uk/pals

Tell us what you think

Tweet us @NHSBartsHealth

Talk to us via facebook.com/bartshealth

Leave feedback on NHS Choices www.nhs.uk

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All our patient information leaflets are reviewed every three years

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Switchboard: 020 3416 5000
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