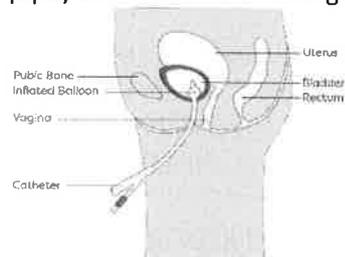


Patient Information

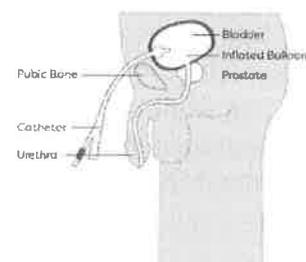
Urinary Catheter Care for IDC

A catheter is a hollow, flexible tube placed in the bladder to drain urine. It continuously empties the bladder. A catheter can remain in place for 4-6 weeks.

A catheter inserted via the urethra (water pipe) is called an indwelling catheter (IDC).

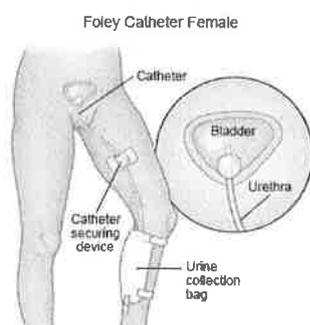


A catheter can also be surgically inserted through the abdominal wall into the bladder and this is called a supra pubic catheter (SPC).



Catheter Position

The tip of the catheter is inflated to form a small balloon which holds it in place in the bladder and prevents it from falling out. The catheter is connected to a drainage bag, leg bag or catheter valve for drainage of urine.



Catheter Valve

If appropriate for your condition, you may use a catheter valve (tap) attached to the catheter instead of a drainage/ leg bag.

This valve will allow your bladder to fill and you should empty it regularly as you would normally go to the toilet.



Securement

Secure your catheter to your thigh with an adhesive device or thigh strap. This fixation will prevent dragging or pulling on the catheter. Ensure the fixation offers some slack of the catheter and not pulled too tight.

Care of Catheter

- Keep the drainage bag below the level of the bladder
- Ensure there are no kinks or twisting of catheter or leg bag tubing
- Secure the catheter with an adhesive device or thigh strap
- Do not apply any creams or powders to the catheter or near insertion site
- Wash and dry your genitals daily

Handling of Catheter

- Wash your hands before and after handling the catheter and leg bag
- Empty the bag when half to 2/3 full
- Or empty bladder using catheter valve every 3-4 hours
- Be careful not to pull on catheter when washing, drying or dressing

Overnight Bag

Attach night bag to the end of your leg bag or catheter valve, ensuring the drainage outlet is open so the urine can flow into the night bag. This night bag extension will give you more drainage capacity and longer tubing to allow more movement in bed. Do not throw out the cap of the night bag.

Empty urine from night bag into the toilet in the morning. Remove night bag and discard or clean to reuse. Remember to close off drainage outlet of leg bag or catheter valve.

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Urinary Catheter Care for IDC



Reuse night bag

If your night bag does not have a drainage outlet, then it must be discarded each morning. You can choose to clean and reuse night bags with a drainage outlet. It can be cleaned each morning and then discarded after 7 days.

Cleaning of night bag

Purchase a sodium hypochlorite solution such as Milton liquid or tablets from your local chemist or supermarket. Prepare a mixture using the manufacturer's instructions, enough to submerge the night bag in solution within a plastic container.

In the morning, empty urine from the bag into the toilet and rinse night bag, then submerge bag and cap in solution for one hour. Remove bag and empty remaining solution within bag, replace cap and hang in a cool dry place until next use. Do not rinse off solution. Discard mix and prepare clean solution each morning.

Changing of leg bag and catheter valve

Leg bags and most catheter valves should be changed every 7 days. Clean the connection between catheter and leg bag/ valve with antiseptic solution before removing and attaching clean leg bag or catheter valve. Be careful not to touch tip of new bag when attaching to catheter.

Healthy Habits

Try to drink at least 2L of water a day unless you are on a fluid restriction and avoid constipation to prevent potential catheter blockages.

Before you leave hospital

- Ask your nurse to show you how to empty your leg bag or catheter valve and practice this
- Know how to change your leg bag
- Know how to attach and remove a night bag
- Ensure you go home with a clean leg bag
- You will be provided with 1-2 leg/night bags, then you will need to purchase more
- Ensure you have a follow up appointment to remove or change your catheter in 4-6 weeks

Potential Problems

Signs of Urinary Tract Infections (UTI) - cloudy, smelly or bloody urine. Lower back, bladder or pelvic pain, fevers or chills.

Bladder spasms may occur due to irritation from catheter, causing bypassing or leaking urine from around the catheter. This should settle in 24-48 hours.

Contact your primary care provider in the first instance.

Purchase of equipment

To purchase additional supplies of leg bag, night bags, catheter valves and catheters.

- BrightSky Australia
6 Holker Street, Newington, 2127
1300 886 601
www.brightsky.com.au

- Independence Australia
1300 788 855
www.independenceaustralia.com.au

- Intouch Direct
1300 134 260
www.intouchdirect.com.au

Your local Chemist may also be able to order supplies for you.

Date Catheter Inserted.....

Catheter Size.....

Catheter Type.....

References- ACI Urology Network, 2019. Images- Primagem.org, Myflexicare.com, MDevices