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Sur demande, ce document peut être fourni en d'autres langues et formats.

Na życzenie, dokument ten można uzyskać w innych językach i formatach.

यह दस्तावेज़ अनुरोध किए जाने पर अन्य भाषाओं और प्रारूपों में उपलब्ध है।

ਇਹ ਦਸਤਾਵੇਜ਼ ਬੇਨਤੀ ਕੀਤੇ ਜਾਣ ਤੇ ਹੋਰ ਭਾਸ਼ਾਵਾਂ ਅਤੇ ਰੂਪਾਂ ਵਿੱਚ ਉਪਲਬਧ ਹੈ।

در صورت درخواست این سند به زبانها و شکلهای مختلف در اختیار شما قرار می گیرد.

یہ دستاویز دیگر زبانوں اور مطلوبہ شکلوں (فارمیٹ) میں بھی دستیاب ہے

هذه الوثيقة متاحة بلغات أخرى وباشكال غير الكتابة المقروءة وذلك عند الطلب

You may also find our other Specialist Continence leaflet series useful.

You can view or download them from the Trust's website at:

www.nottinghamshirehealthcare.nhs.uk/continence-advisory-service

Specialist Continence Services/Community Nurse contact details:

www.nottinghamshirehealthcare.nhs.uk



Specialist Continence Advisory Service

Local Partnerships



Patient Information Leaflet Number 9 Urethral Catheter

Information on how to use your catheter with confidence in hospital or at home and to help reduce the risk of infection

REMEMBER to reduce infection, always wash and dry your hands before and after touching your catheter or drainage system.

What is a catheter?

A catheter is a soft, hollow tube which is passed up the urethra (bladder opening) and into the bladder, it then drains urine. It is held inside you by a small balloon. If your catheter is for long-term use it will be changed every 12 weeks or sooner if necessary.

1. Drainage system

There is a drainage bag for daytime use, called a leg bag. Leg bags are held in place with either straps or a support sleeve. At night-time a two-litre night bag can be attached directly to your leg bag to provide additional drainage. A Catheter Valve is an alternative to a drainage bag, please discuss this with your nurse or doctor.

2. Hygiene is very important to reduce the risk of infection

- Wash skin in the area where the catheter enters your body with mild soap and warm water daily or have a bath or shower.
- Women should always wash this area from front to back.
- Men should wash carefully under the foreskin.

3. Emptying your leg bag

Check your bag every 2-3 hours and empty the bag when it is 2/3 full. When you empty your leg bag you must:

- Wash and dry your hands.

Notes

- Open the tap at the bottom of the leg bag and empty the urine into a clean jug (kept specifically for this) or directly into the toilet. Be careful not to touch the bag tap against the toilet (risk of infection).
- Close the tap and wipe it dry with clean tissue.
- Wash and dry your hands.

4. Changing your leg bag

- Change your leg bag weekly.
- Wash and dry your hands.
- Empty the leg bag as above.
- Pinch off the end of the connecting tube if possible (avoid touching the end of the connecting tube).
- Remove the leg bag from the catheter.
- Remove the cap and insert the nozzle of the new leg bag into the catheter.

At home

- Dispose of the old bag by placing into a plastic bag and then into the dustbin. Do not burn on an open fire.

In hospital or care home

- Dispose of in clinical waste.
- Wash and dry hands.

5. Attaching the night bag

- Wash and dry hands.

- Remove the cap and insert the nozzle for the night bag into the tubing at the bottom of your leg bag (below the tap).
- Make sure the tap on the night bag is closed.
- Open the tap on the leg bag and loosen straps.
- Wash and dry your hands.
- The night bag holds more urine so you don't have to get up during the night.
- Put the night bag on the stand if available or place it in a bowl or bucket (use this for your night bag only).
- The night bag should be positioned below waist height to assist drainage.

6. Removing the night bag

- Close the tap on your leg bag.
- Disconnect the night bag from the leg bag.
- Empty the night bag as in point 3.
- Wash and dry your hands.
- Night bags should be single use.

In hospital or care home

- Dispose of in clinical waste.

At home

- Place in plastic bag and dispose in general waste.

7. Sex and catheters

Sex is possible if the following steps are taken before and after intercourse.

- Both partners should wash their genital area.
- **Men** - you can gently secure the catheter with tape along your penis and apply a condom. It may help to use water soluble lubrication (K-Y Gel).
- **Women** - you can tape the catheter out of the way towards the abdomen.

If you have any concerns relating to this please do not hesitate to contact your nurse or doctor for advice.

What to do if you have a problem with your continence products?

Please contact your District Nursing Team using the details on the back of this leaflet.

Further Information

Further useful information can be accessed on the NHS website: www.nhs.uk