

HALTON UROLOGY

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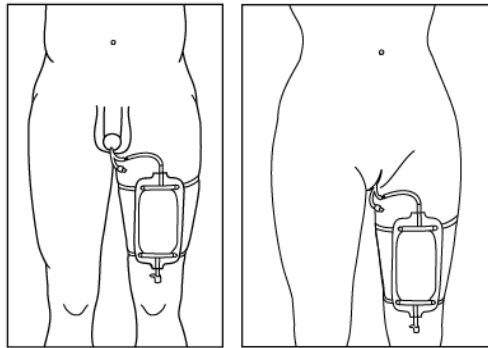
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URINARY CATHETER CARE

WHAT IS A URINARY CATHETER?

A urinary catheter is a long, hollow, rubber (latex) or clear silicone drainage tube that is inserted into the body. It enters where you urinate and goes into the bladder. A small balloon is inflated at the tip of the tube once it is in your bladder. The balloon helps to keep the catheter in place. The other end of the tube is connected to a collection bag. The purpose of the catheter is to drain urine from the bladder.



WHY A URINARY CATHETER?

The following are reasons that you may have had a urinary catheter placed:

- if your doctor needs to know exactly how much urine you are putting out to provide appropriate care for you
- if you cannot completely empty your bladder when you attempt to urinate
- if you have blood in the urine and cannot empty your bladder
- if urine often leaks from your bladder that you cannot control, and you also have signs of a bladder infection, or your kidneys are not working well
- if you have open wounds or pressure sores around your genitals or buttocks that are frequently soiled with urine because you cannot control the flow of urine

GENERAL INSTRUCTIONS FOR CARE

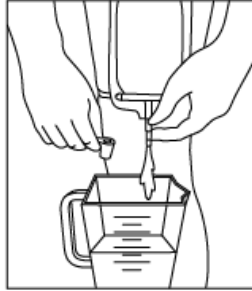
- You may shower with your catheter in place. Avoid extremely hot or cold water.
- Wash around the catheter daily where it enters your body. Use soap and water.
- You may wrap some gauze around the catheter where it enters your body if there is any drainage or leakage. Change the gauze when it feels wet.
- Drink plenty of fluids to keep your urine flowing well. Drink 6 to 8 glasses each day.
- Avoid sexual intercourse.
- Avoid becoming constipated or straining with a bowel movement. It will help if you eat foods that are high in fiber and drink plenty of fluids.
- Never pull on your catheter for any reason.

- Only family members who have been taught how to help you with your catheter care should handle the drainage bag and equipment.

DRAINING THE LEG BAG

A leg bag is a urine collection bag that is strapped to your leg. It is smaller than the bag that you may use at night. This smaller bag allows you to move around more easily. However, you must empty the leg bag every 3 to 4 hours. To drain the bag, follow these steps:

1. Wash your hands with soap and water.
2. Unfasten the lower leg strap.
3. Remove the cap and open the clamp. Do not touch the drain port with your fingers or allow it to touch the urine measuring container or toilet seat.



4. If you are supposed to measure the urine, drain it into a container that is being used only for this purpose. Measure the amount of urine, record it, then empty the urine into the toilet. If you do not need to measure, simply drain the urine into the toilet.
5. After the urine has drained completely, wipe the drain port and the cap with a cotton ball or gauze soaked with providine or alcohol. Close the clamp and fasten the lower leg strap.
6. Wash your hands with soap and water.

DRAINING THE LARGER COLLECTION BAG (SOME CATHETER BAGS MAY BE DIFFERENT)

1. Wash your hands with soap and water.
2. Release the green tubing from the plastic holder by squeezing the metal clamp.

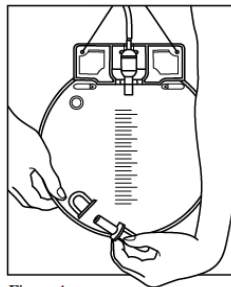


Figure 1.

3. If you are supposed to measure the urine, drain it into a container that is being used only for this purpose. Measure the amount of urine, record it, and then empty the urine into the toilet, taking care that the tube does not touch the toilet.



Figure 2

4. After the urine has drained completely, squeeze the metal clamp until you feel it click shut. Wipe the tip of the green tubing with a cotton ball or gauze soaked with providone (such as Betadine) or alcohol.

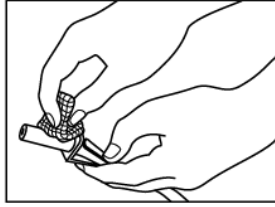


Figure 3

5. Return the green tubing to the holder.
6. Wash your hands with soap and water.

HOW TO CARE FOR YOUR DRAINAGE BAGS

Follow these directions to care for either your leg bag or your night drainage bag:

1. After disconnecting the bag and replacing it with another, wash the used bag with soap and warm water. Then rinse with water.
2. Disinfect the used bag with a mixture of white (distilled) vinegar and water. Do not use yellow (cider) vinegar.
3. Mix 1 1/4 cups of white vinegar with 2 quarts of water.
4. Rinse the bag well with this solution to help reduce urine odor. Do not rinse the bag with water after using the vinegar solution.
5. Wash your hands with soap and water.

Special note: You may use both types of drainage bags for up to 1 month. After 1 month, you will need new bags. You can buy new bags at most home health care supply stores.

CHANGING COLLECTION BAGS

During the day, you may want to use a leg bag. At night, you can change it to a larger collection bag.

1. Wash your hands with soap and water.
2. Drain the leg bag.
3. Unfasten the leg straps.
4. Disconnect the leg bag, cap the opening, and set aside.
5. Attach the end of the new bag.
6. If you are attaching the larger collection bag for overnight use, hang the bag lower than your body when you are in bed.
7. If you are attaching the leg bag, wrap the elastic bands around your leg and clip them in place. Always be sure there are no kinks in the catheter tubing.
8. Follow the directions under "How to care for your drainage bags."
9. Wash your hands with soap and water when you are finished.

GETTING READY FOR BED

When your night drainage bag is connected and you are ready to go to bed, decide on which side of the bed you want the drainage bag to hang. Tape the drainage tubing to the thigh of the leg that will be next to the side of the bed where the bag will hang. Leave some slack in the line so you will not pull on the catheter when you move while sleeping.

When you get into bed, set up the drainage tubing so it does not kink or loop. Then hang the drainage bag by its hook from the side of the bed frame. Be sure to always keep the drainage bag below the level of the bladder, whether you are lying, sitting, or standing. Do not hang the bag from the headboard or footboard of the bed, or from a chair beside the bed.

POSSIBLE CATHETER PROBLEMS

BLADDER SPASMS: While the catheter is in place, it is not unusual to have a strong sudden desire to urinate with pain over the bladder area and simultaneous leakage of urine or blood around the catheter. This is called a bladder spasm and commonly occurs at the time of a bowel movement. If it occurs, you should lie down until the discomfort passes. If bladder spasm becomes frequent and bothersome, Motrin or Advil can be used to help stop the spasm.

BLEEDING: It is not uncommon to have some bloody discharge around the catheter when you have a bowel movement; do not become concerned as it will stop on its own. Also, do not worry about some blood in the urine; it may arise from vigorous walking, the ingestion of aspirin or Motrin, or it may occur spontaneously. If this occurs, drink more fluids. This will dilute the blood so that it does not form a clot in the catheter and will encourage the cessation of bleeding. Blood in the urine usually has no significance and spontaneously resolves on its own. If the catheter is draining, do not be too concerned about the colour of the urine itself.

CATHETER REMOVAL: Your catheter will be removed after approximately 7-10 days unless specified longer. On the day you are going to have your catheter removed drink a lot of fluids before you arrive at the office. This is not a painful procedure.

LEAKING AROUND THE CATHETER: This is very common, especially when you are up walking around. The tip of the catheter is not in the most dependent part of the bladder; the balloon that holds the catheter in the bladder elevates the tip of the catheter away from the bladder neck (bottom of the bladder). For this reason, when walking or moving, many patients have leakage around the catheter. This can usually be managed using diapers or other absorbent materials if necessary. If your catheter stops draining completely, lie down flat and drink more water. If after 1 hour there is no urine coming through the catheter it is possible that your catheter has become blocked or dislodged. If this occurs, then either contact my office or go to your nearest Emergency Department.

URINARY SEDIMENT: It is not uncommon to have some sediment in the urine. Old clots may appear as dark particles which occur after the urine has been previously bloody. With hydration these will usually clear spontaneously. If the urine is persistently cloudy this suggests that an infection may be present.

URINARY TRACT INFECTION: Urinary tract infections are not uncommon when a catheter is in place. For this reason, you will be placed on an antibiotic until the catheter is removed. It is important that you keep the catheter clean. When you shower, use soap and water to clean the catheter from where it enters the urethra.

Please go to your nearest Emergency Department if any of the following occurs:

- little or no urine flows into the bag over a period of 4 hours
- little or no urine flows into the bag over a couple of hours, and you feel like your bladder is full
- if there are blood clots draining from the catheter
- if the catheter gets pulled out accidentally
- temperature above 38.0 C (100 F)