



PATIENT INFORMATION

Ko koe me tō ipu mimi
turuturu

You and your catheter

LOOKING AFTER YOUR CATHETER AT HOME



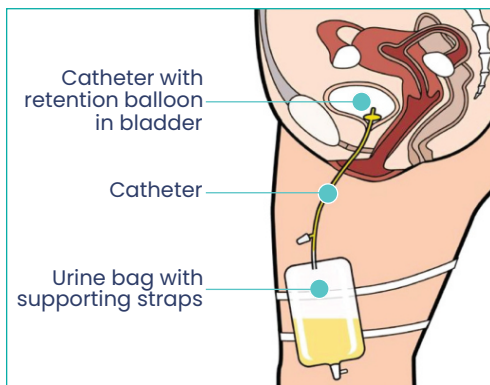
Te Whatu Ora
Health New Zealand
Tairāwhiti

DURING THE DAY

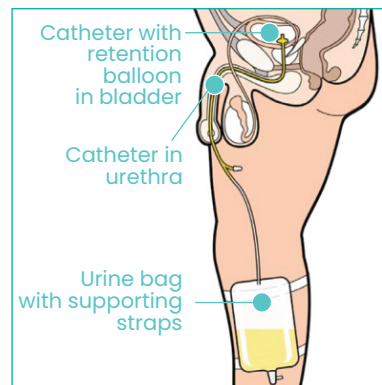
The catheter is attached to a drainage bag or leg bag. Urine drains directly into this bag.

- The leg bag is held in place with leg straps.
 - The bag may come in two lengths so that it can be worn on your calf or your thigh.
 - This leg bag is to be worn at all times and only disconnected when a new bag is to be fitted fortnightly.
- Empty the leg bag using the drainage tap at the bottom of the bag. This should be done every 3-4 hours or before it becomes more than 3/4 full.
- Always keep the drainage bag lower than the bladder.
- The leg bag is changed every 2 weeks.
- The securing device is changed every 2 weeks, or if it becomes dislodged prior.

FEMALE – SIDE VIEW



MALE – SIDE VIEW



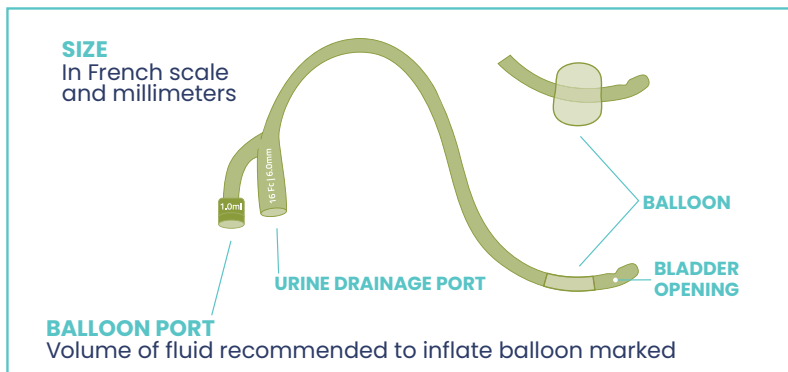
Never try to remove the catheter without medical or nursing advice. Doing this can cause you injury.

WHAT IS A CATHETER?

A catheter is a fine tube placed in your bladder to drain urine. Your doctor will have explained why you need a catheter in place. It may be due to:

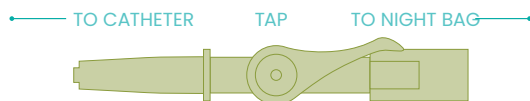
- Inability to pass urine
- Allow healing after urology surgery
- Management of urinary incontinence
- Allow bladder function tests

A catheter is held in place by a balloon filled with water that sits at the base of the bladder. The catheter will not fall out during normal use. Most catheters can be left in place for up to 12 weeks. Your doctor or nurse will tell you when your catheter is due to be changed.

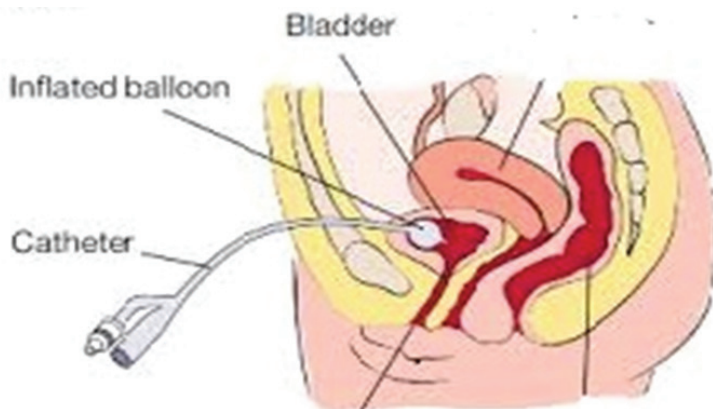


Catheter Valves (Flip-fl)

A catheter valve may be used instead of a leg bag. This valve needs to be opened 3-4 hourly or sooner if your bladder feels full. The valve is changed every two weeks.



SUPRAPUBIC CATHETER



What is a suprapubic catheter?

It is a catheter which is inserted through a small incision (cut) made in the abdominal wall just above the pubic bone. This is done by a doctor in hospital.

How do I care for the suprapubic catheter?

A suprapubic catheter dressing is no longer required once the site has healed and is clean and dry.

Patients can shower. Clean the skin around the catheter thoroughly with warm water. If using soap rinse the area well to minimise irritation.

Creams and ointments should not be applied to the insertion site unless prescribed by medical staff.

Ensure catheter is well secured on abdomen or thigh.

When will it be changed?

Usually needs to be changed every 6–12 weeks (some people need it changed more often). The first change is done in hospital, after that by the District Nurse.



When should I call for help if I have a superpubic catheter?

- If the catheter falls out. This is an emergency as the catheter must be replaced within 15-20 minutes.
- If you feel generally unwell with pain, fever and abdominal discomfort.
- If you have not drained any urine for 2-3 hours.
- If you have any bleeding (some bleeding around the site is normal when the catheter is changed)

HOW TO USE A NIGHT BAG

At night, a larger bag is attached to the bottom outlet of the leg bag or valve. The night bag has a larger capacity and longer tubing, allowing greater movement when in bed.

A night bag can be attached to the catheter valve. The night bag should be replaced weekly.

To fit the night bag

- Remove the coloured cap from the night bag tubing.
- Connect the fluted tip of the night bag into the bottom outlet of the leg bag.
- Open the outlet tap on the leg bag so the urine can run freely into the night bag.
- When in bed, the night bag must be lower than your bed to aid drainage.
- Place the night bag in a empty container to keep tubing straight, eg. ice cream container, to contain possible leakage.

In the morning

- Close the leg bag bottom outlet and detach the night bag. Empty the night bag contents into the toilet or suitable container.
- Wash the night bag with warm soapy water and hang up to dry.





HOW TO KEEP YOUR CATHETER WORKING PROPERLY

Always wash your hands before and after touching your catheter or drainage bags.

- Drink at least 8 glasses/cups of fluid in a 24 hour period (unless otherwise advised by medical practitioner).
- Avoid constipation as this can affect catheter drainage. If constipation is a problem, ask your nurse for help or advice. Consuming high fiber foods can help such as kiwifruit, baked beans, wholemeal bread, porridge, muesli and brown rice.
- Where possible, take regular exercise.
- Avoid bending or kinking the catheter tubing to avoid damage to the tubing.
- When using an electric blanket, place a drawsheet (or plastic bed sheet with a fabric backing) between the electric blanket and the sheet as a preventative measure if leakage occurs.

Always ensure that you have a spare catheter and the related equipment at hand ready for the next change



PERSONAL HYGIENE

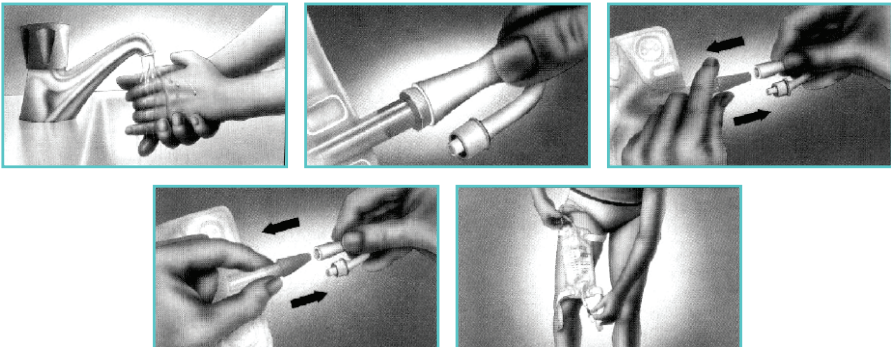
- Wash the area around your bladder outlet and catheter daily.
- Women should wash from front to back.
- Uncircumcised men should pull their foreskin back up over the tip of the penis after washing.
- Showering is preferable to bathing.
- Leave the leg bag in place and towel it dry afterwards.
- Use unscented soap and warm water and rinse well to avoid irritation.
- Dry the area well, including the leg bag and straps with a soft towel.
- Avoid using talcum powder or any creams around this area unless prescribed by your doctor.

When having sexual intercourse

- Both partners should wash the genital area before and after intercourse.
- Women can tape the catheter forward onto the abdomen out of the way.
- Men can fold the catheter tubing down over the erect penis, apply a condom and tape it in place.
- Use plenty of water-soluble lubricant, eg. KY Jelly, not Vaseline.
- Very rough intercourse should be avoided and it may be necessary to find a new position which makes it comfortable for the partner with the catheter.
- If your catheter is causing you problems during sexual intercourse, do not hesitate to discuss this with your doctor.

TO CHANGE THE LEG BAG

- 1 Wash and dry your hands. Place a folded toilet tissue on your lap between you and the catheter, with your replacement leg bag beside you.
- 2 Take care not to touch the tops of any connecting tubing.
- 3 Pinch off the end of the catheter.
- 4 Withdraw the fluted end of the leg bag tubing from the catheter.
- 5 Remove the protective cap from the new bag and immediately insert the tube into the catheter.
- 6 Secure the new bag using the straps provided.
- 7 Empty urine from the old drainage bag into the toilet.
- 8 Dispose of the old bag in a rubbish bin.
- 9 Wash your hands.



- The leg bag may also be changed when the bag is damaged.
- The catheter and leg bag should only be disconnected at the time of the bag change.

PROBLEM SOLVING

For most people, managing a catheter at home is straightforward and free from complication. However, there are some minor problems which may arise.

URINARY INFECTION	
Cause	<ul style="list-style-type: none">• Bacterial contamination
Signs	<ul style="list-style-type: none">• Feeling unwell – raised temperature above 37.5°C• Leakage of urine around tubing• Smelly, cloudy urine• Abdominal pain• Bleeding
Treatment	<ul style="list-style-type: none">• Increase your fluid intake• Contact your GP who may take a urine sample and prescribe a course of antibiotics• Contact your District Nurse if you have the above symptoms as your catheter may need changing
THERE IS NO URINE IN YOUR BAG FOR SEVERAL HOURS	
Cause	<ul style="list-style-type: none">• The tubing could be kinked or bent• You have not have been drinking enough• Constipation• Blocked catheter due to debris or clots• The bag is above bladder level
Signs	<ul style="list-style-type: none">• Very little or no urine passing into the bag• Leakage of urine bypassing tubing
Treatment	<ul style="list-style-type: none">• Increase your fluid intake• Check the placement of your catheter tubing and drainage bag• Try moving or walking around, this may dislodge a blockage• If four hours or longer pass and no urine passes, contact your doctor or nurse

It is important to seek treatment if you experience fever, loin pain, significant blood in your urine and unexplained sudden onset of confusion.

BLEEDING	
Cause	<ul style="list-style-type: none"> • Irritation of bladder or urethra by the catheter or infection as above
Signs	<ul style="list-style-type: none"> • Increase your fluid intake • If the bleeding persists or is still heavy after two days, contact your GP or DN • Contact your GP who may take a urine sample and prescribe a course of antibiotics
Treatment	<ul style="list-style-type: none"> • Increase your fluid intake • Contact your GP who may take a urine sample and prescribe a course of antibiotics • Contact your District Nurse if you have the above symptoms as your catheter may need changing
BLADDER SPASM / LEAKING AROUND YOUR CATHETER	
Cause	<ul style="list-style-type: none"> • The bladder attempts to expel the catheter by creating pressure • This forces urine out around the catheter causing pain and leakage
Signs	<ul style="list-style-type: none"> • Lower abdominal pain • Leakage of urine • Decreased urine in catheter bag
Treatment	<ul style="list-style-type: none"> • Take regular Paracetamol while pain is present (no more than four times per day). • Take regular medication e.g. Anticholinergic, Oxybutynin to relax the bladder as prescribed by your doctor • If pain persists, call your doctor or nurse
CATHETER FALLING OUT OR LEAKING	
Cause	<ul style="list-style-type: none"> • Faulty balloon or damaged catheter • Bladder spasm
Treatment	<ul style="list-style-type: none"> • If you can pass urine, call your nurse in office hours • If you cannot pass urine yourself, and the bladder becomes painful, seek immediate help from your GP or emergency department



ON DISCHARGE FROM HOSPITAL

- A letter will be sent to your GP with details of your conditions and follow-up care including a date for changing your catheter if required.
- The nurse will give you one spare leg bag and night bag.

Follow-up care

A referral will be sent to the District Nurses and the Urology service if required. You will be sent an appointment to discuss what is going to happen next. This may be one of the following:

Trial removal of catheter (TROC)

- If your catheter needs to be removed, this will be done by your GP or District Nurse. You will receive an appointment for this. You will be required to have a morning appointment to remove the catheter and an afternoon appointment for a bladder scan. Be prepared to drink plenty of fluid during the day to keep the bladder functioning.

Permanent Catheter

- If your catheter is to remain in permanently, it will need to be replaced periodically as determined by medical or nursing advice. Your District Nurse or GP will be responsible for changing your catheter.

Please contact your GP or District Nurse if you have not received a follow up appointment four to six weeks after your catheter has been inserted.



YOUR CATHETER SUPPLIES

If you require a catheter for a long term period, your doctor or nurse will arrange your catheter requirements through the District Nursing service. The District Nursing service will contact you once they have received a referral. They will supply your initial catheter equipment and arrange regular supplies and catheter changes.

If you are running low on supplies or going away on holiday, ring (06) 869 0500 ext. 8014 to place an order. Please be aware that supplies can take up to one week to arrive so please do not allow your supplies to get too low.

INFORMATION FOR YOUR DISTRICT NURSE AND GP

Date inserted:

Type of catheter: Bard / Hydrogel coated / Silicone coated / 100% Silicone

Size of catheter: Female / Male Length:

Balloon size:No. of mL in balloon:

Date for trial removal:

Date for change of catheter:

Other information (relevant medications, etc)

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DISTRICT NURSING GISBORNE

Monday to Sunday (including public holidays)
8am-4pm



421 Ormond Road, Gisborne



06 869 0505
06 869 0500 (after hours)



06 869 2098



E-mail: district.nursing@tdh.org.nz



www.hauoraTairāwhiti.org.nz



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