



## **CARE OF INDWELLING CATHETER**

- ◆ Drink at least 2 Litres of fluid daily – this will help prevent infections and catheter blockage. Cranberry juice or tablets taken daily may also assist in the reduction of infections.
- ◆ Wash the skin twice a day with unscented soap and water where the catheter enters the body. If you have a suprapubic catheter you may remove the dressing and if the site is clean and dry there is no need to reapply a dressing.
- ◆ Your catheter should always be positioned in a downhill direction to encourage free drainage.
- ◆ Take daily walks as tolerated – regular exercise helps prevent blockages.
- ◆ Avoid constipation as this can prevent the catheter from draining properly.
- ◆ Secure the catheter firmly to the thigh (urethral) or abdomen (suprapubic) with tape or catheter strap. This prevents damage to the bladder and urethra.
- ◆ Change the leg bag every 7 days - wash hands well before disconnecting bag from catheter or do straight after a shower.
- ◆ The catheter may be connected to a drainage bag or catheter valve.
  - Catheter valve must be released every 3-4 hours to empty the bladder. The valve is changed in 4-6 weeks with the catheter.

At night a larger bag (overnight bag) should be connected to the outlet valve of the leg bag or catheter valve for extra drainage overnight. In the morning this bag is emptied and rinsed out with vinegar and water solution and allowed to dry. (150mls-water-50ml white vinegar)

### **ALWAYS WASH YOUR HANDS BEFORE HANDLING YOUR CATHETER, BAGS OR VALVE.**



The catheter needs to be changed every 4-6 weeks. Ensure you know who is doing this for you.

**Please contact the Practice Nurse at Urology Sydney-95874888 or your GP if:**

- ◆ You have any fever; chills, high temperature, or your urine smells offensive or becomes cloudy.
- ◆ If the catheter is not draining or seems blocked.