



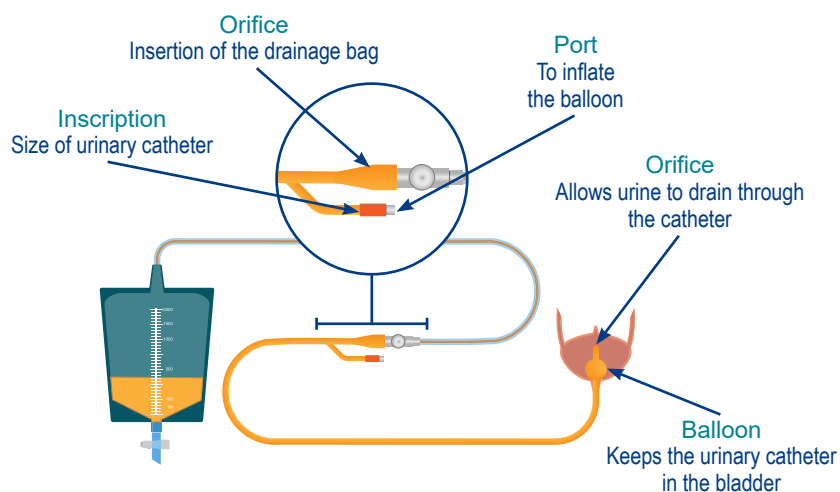
Caring for your indwelling urinary catheter at home

TO BETTER GUIDE YOU

This guide contains helpful information about the things you will need to do and watch for to make sure you can return home safely with your indwelling catheter.

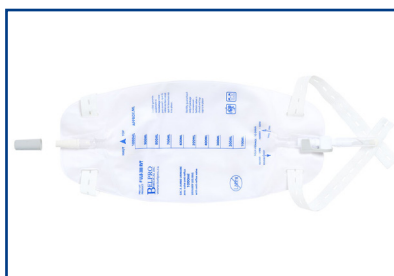
What is a urinary catheter ?

It is a flexible tube inserted at the level of the urinary meatus (the opening where urine comes out in women and men) up to the bladder, which allows urine to be collected.



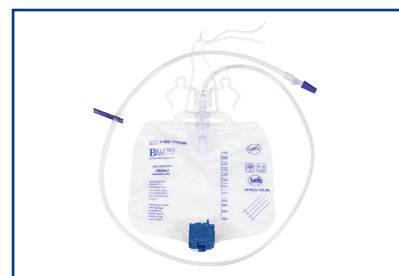
Types of drainage bag

Leg bag



Must be strapped around your thigh with elastic bands, just above the knee.

Larger bag (also called a night bag)



Must be suspended at all times.

Personal hygiene

Hand hygiene

- Wash hands for 15-30 seconds;
- Use soap and water;
- Do this before and after handling your catheter and the drainage bag to avoid infections.

Genital hygiene

- Daily and after each bowel movement;
- Use soap and warm water;
- Clean from front to back and rinse well;
- Be sure to dry thoroughly.

Precautions

- You cannot take a bath with your catheter. Take only showers;
- Empty the drainage bag before showering;
- Do not apply cream or talcum powder near the catheter tube.

Drainage bag hygiene

When to empty the drainage bag

- **Empty the drainage bag at least three times a day:**
 - Morning
 - Afternoon
 - Bedtime
- **Empty it whenever it is half or three-quarters full.**

Replace it once a week with a new one. When you are discharged, the hospital will give you one spare drainage bag of each type.

After that, you will need to buy them yourself (from the pharmacy or a medical supply store).

Precautions

- **To dispose of used drainage bags:**
 1. Empty them completely;
 2. Place in a plastic bag;
 3. Discard in the garbage can.
- **Keep it in the correct position:** Always keep your drainage bag upright and lower than bladder height so the urine drains into it properly. Make sure it never touches the ground.
- **Check the equipment often:** Make sure the catheter and drainage bag are not bent or kinked, and that they are connected properly to avoid leaks.
- **Securely fasten the tube:** Make sure it is properly attached to your thigh to avoid tension on the catheter and your bladder, then hang the bag so it does not touch the ground.
- **When removing the night bag:**
 1. Completely empty the old drainage bag;
 2. Clean the port with alcohol;
 3. Replace the protective cap.

IMPORTANT: Never rinse drainage bags.

How to empty the drainage bag

- 1 Always wash or sanitize your hands **before** and **after** emptying the bag.
- 2 If you are wearing a leg bag, loosen the straps around your thigh.
- 3 Open the drainage bag after draining:

Leg bag

1. Open the flip valve;
2. Empty the contents into the toilet;
3. Close the flip valve.

Night bag

1. Take the drainage tube out of the holder;
2. Open the plastic clamp over the toilet;
3. Empty the contents into the toilet;
4. Close the clamp;
5. Place the end of the tube back in the holder.

How to change the drainage bag

It is recommended you wear a leg bag while you are awake. It is discreet, can be worn under your clothes, and does not interfere with your activities of daily living. A night bag is recommended for overnight use since it can hold more urine. To prevent falls, you should hang the bag on the same side of the bed as you get up on.

Materials needed at the bedside for your care

- ☐ A. Adhesive tape and stabilization device for attaching the catheter and night bag, if required
- ☐ B. Leg bag
- ☐ C. Night bag
- ☐ D. Clean towel or waterproof mattress pad
- ☐ E. 70 % alcohol swab or tissue soaked in 70 % alcohol



Installing and removing the night bag



1 Wash or sanitize your hands.



2 Sit on the toilet and empty the urine from the drainage bag (for the night bag or leg bag).
Once the drainage bag is completely empty, close it as instructed.



3 Wash or sanitize your hands again.

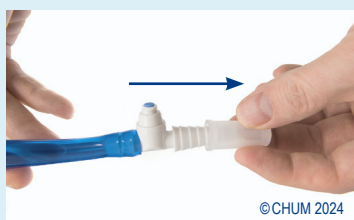


4 Place a towel under the leg bag drain.

5 Place the new drainage bag next to you on a clean surface.



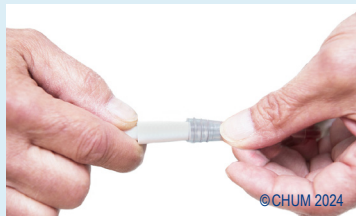
6 Disinfect the leg bag drain (distal port) with an alcohol swab or a tissue soaked in 70 % alcohol for 30 seconds and allow to dry completely.
Caution: Do not blow or wave your hand to make it dry faster.



7 Remove the protective cap from the tube on the night bag.



8 Disinfect the night bag connector (proximal port) with an alcohol swab or a tissue soaked in 70% alcohol.



9 Connect the night bag to the end of the leg bag.



10 Open the leg bag cap and make sure urine is draining from the leg bag into the night bag.

11 Hang the night bag below bladder height and make sure the tubing is not kinked.

12 In the morning, wash or sanitize your hands. Sit on the toilet and empty the urine from the night bag into the toilet.

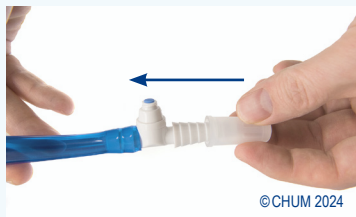
Once the night bag is completely empty, close it and the leg bag as instructed.

13 Wash or sanitize your hands again.

14 Remove only the night bag; keep the leg bag in place at all times.



15 Disinfect the end of the night bag you just removed with an alcohol swab or a tissue soaked in 70% alcohol.



16 Place a protective cap on the night bag you just removed.



17 Wash or sanitize your hands.

When to worry

Call the nurse at your CLSC, Info-Santé 811, or the nurse at the 24/7 line if you notice one or more of the following, or if there is no improvement after following the advice:

- **There is no urine draining into the bag, and you are starting to feel pressure in your bladder:**
 - Make sure the catheter is not kinked or twisted;
 - Drink water (unless you have been instructed otherwise by your care team).
- **If urine is draining around the catheter because of bladder spasms, monitor the situation and:**
 - For women, wear a panty liner;
 - For men, wrap a washcloth around the genitals;
 - Call one of the people listed below if the spasms become too painful or too frequent.
- **If you develop signs of an infection, such as:**
 - Chills and/or fever (oral temperature of 38.1°C/100.6°F or higher);
 - Foul-smelling urine, cloudy urine, or blood in the urine;
 - Painful heaviness in the lower abdomen and/or feeling like you are not emptying your bladder completely;
 - Burning when urinating.
- **If your catheter falls out or breaks:**
 - Do not attempt to reinsert it yourself;
 - Call one of the people listed below as soon as possible.



Important

If you notice blood clots or a lot of blood in your urine (dark red urine), go to the nearest emergency department.

Resource persons

Your local CLSC

24/7 nurse (evenings and nights)

Info-Santé 811

References:

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