

## **PERIOPERATIVE SERVICES**

### **Care of Your Urinary Catheter, Drainage System and Leg Bag**

Your catheter is a tube that continually drains urine from your bladder, so you won't need to urinate. These instructions will tell you how to look after your catheter when you go home. Always wash your hands before you start and after you finish your catheter care.

#### **PERSONAL HYGIENE:**

You can shower and go back to your normal activities, unless you are told otherwise.

#### **HOW TO LOOK AFTER YOUR CATHETER:**

There should not be a crust around the catheter where it leaves your body, so you should use soap and water to wash the skin around your catheter at least twice a day. While you are washing this area, you should watch for redness, tenderness, swelling or drainage. These are all signs of irritation. You should also wash around your rectum twice a day and after each bowel movement.

#### **REPORT PROBLEMS EARLY:**

Call your Doctor right away if you have problems such as:

- A continuous leakage of urine from around the catheter (a little leakage for a short time may be due to a bladder spasm and is nothing to worry about)
- Pain and fullness in your lower abdomen
- A decrease in the amount of urine flowing
- Blood or clots in your urine
- A fever of 38.5°C , 102° F or above

#### **DIET:**

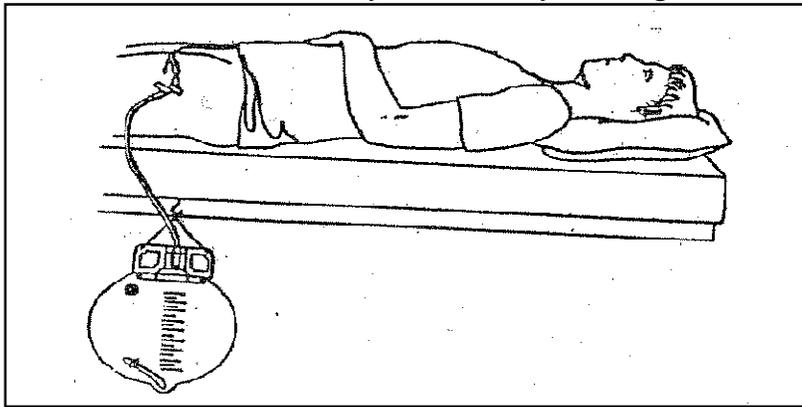
It is important to eat a diet that has lots of fiber and to drink lots of fluids (at least a glass full every hour during the day) to avoid constipation.



## **ADDITIONAL INFORMATION:**

### **Connecting, disconnecting, emptying of the overnight drainage bag**

1. Always wash your hands before you start and after you are finished.
2. Your catheter is attached to drainage tubing that leads to a drainage bag. At night time, you will use a bedside drainage bag as it holds more urine so you can sleep for 8 hours without emptying it.
3. Choose which side of the bed you want the drainage bag to hang from. Attach the catheter tubing to your thigh (for men- tape it opposite to the base of your penis) on that side, using non-allergic tape. Shave your thigh in that spot if needed. Leave some slack in the line so that you won't pull on the catheter when you move your leg.



4. When you get into bed, arrange the drainage tubing so it doesn't kink or loop. Hang the drainage bag by its hook on the side of the bed (or pin it to the mattress). Keep the bag below the level of your bladder at all times, whether you are lying, sitting, or standing, to make sure that it drains properly and to decrease the risk of infection. Always make sure that the port at the end of the bag is closed.
5. In the morning, when you are ready to put the leg bag on, you should empty the overnight drainage bag first. To do this, remove the drainage port at the bottom of the bag from its sleeve (without touching the tip) and unclamp it.
6. Let the urine drain into the toilet (or into a measuring container, if necessary). Do not let the end of the drainage port touch the toilet or container.
7. When the bag is completely empty, clean the end of the drainage port with rubbing alcohol and put it back into its sleeve.

## **Connecting, disconnecting, emptying of the leg drainage bag**

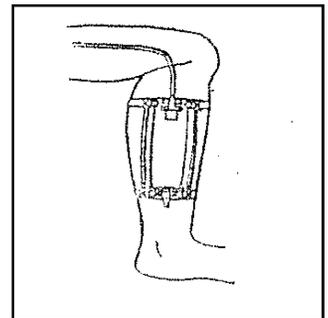
8. Clean the connection where the catheter and the drainage bag meet. Pinch off the catheter, clean the end with alcohol and then connect the daytime leg bag.
9. Attach the leg bag to your leg using the straps included. Do not make the straps too tight, as this could make your skin irritated and decrease the blood supply. Every day, change the leg bag to the other leg (from the one you used the day before).

## **Emptying the leg bag**

1. First, wash your hands. Then open the drainage port at the end of the bag and drain all the urine into the toilet (or into a measuring container if necessary). Do not let the end of the drainage port touch your hands, toilet or the container.
2. After the bag is completely empty, clean the end of the drainage port with rubbing alcohol and close it.
3. Wash your hands after you are finished.

## **Before going to bed**

Replace the leg bag with a bedside drainage bag. To replace the leg bag, first empty it. Pinch off the catheter and clean the connection between the catheter and the leg bag with rubbing alcohol. Unhook the leg bag and hook up the catheter to the bedside drainage tubing and bag.



## **Cleaning the drainage bags**

You should clean out the bag you remove right after changing it. Open the drainage port at the end of the bag. Using water, rinse the out the bag. Close the drainage port and using a large syringe or a poultry baster, pour a mixture of 1 part vinegar and 3 parts water through the collection tube into the drainage bag. Let the bag sit for 30 minutes with the vinegar and water solution in it, then empty the bag through the bottom drainage port and let the bag air dry. Store in a clean, dry place.