



You and Your Indwelling Urinary Catheter (IDC)

Looking after your IDC at home

Community Health Service

What is a catheter?

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

- Inability to pass urine
- To allow healing after surgery
- Management of urinary incontinence
- To allow bladder function tests
- The catheter is held in place by a balloon filled with water and sits in the base of the bladder. The catheter will not fall out in normal use.
- Most catheters can be left in place for up to 12 weeks. Your doctor / nurse will tell you when your catheter is due to be changed.

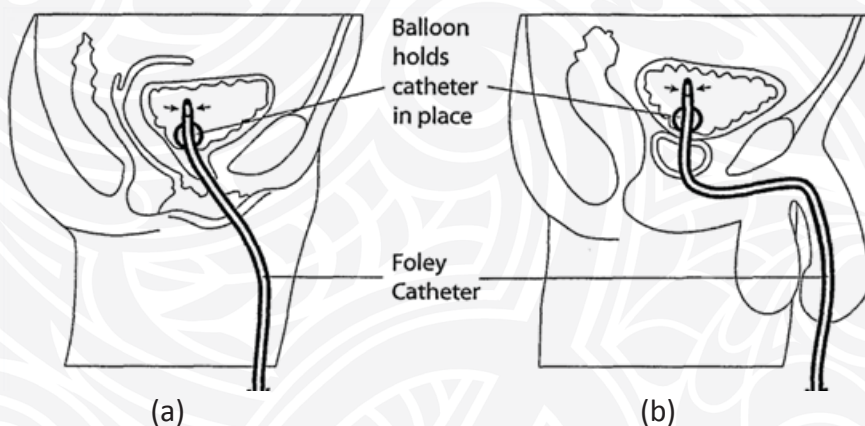


Figure 1 Above: (a) side view of female with catheter
(b) side view of male with catheter



Please do not try to remove your catheter yourself, you may hurt yourself.

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 advised otherwise by medical practitioner).
- Avoid constipation as this can affect catheter drainage. If constipation is a problem, ask your nurse for advice. High fibre foods can help such as pawpaw, kiwi fruit, baked beans, lentils, wholemeal bread, porridge, muesli and brown rice.
- Where possible, take regular exercise.
- Avoid kinking or bending the catheter tubing.
- An electric blanket on the bed is not recommended in case of leakage.

Ask the nurse to arrange for a spare catheter and the related equipment to be left at the house ready for the next change.

Personal Hygiene

- Wash the area gently around your bladder outlet and catheter daily.
- Women should wash from front to back.
- Uncircumcised men should replace their foreskin back into the right position over the penis after washing.
- Showering is preferable to bathing.
- Leave the leg bag in place while showering 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, e.g. 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.

Supplies

If you require a catheter for a long term period, your doctor or nurse will have arranged your catheter supplies through the Community Health Service.

The Community Health Service will contact you once they have received a referral. They will supply you with enough catheter bags to cover until a review is done by Urology or arrange for regular supplies and catheter changes.

If you need extra supplies please ring your local Community Health Service. See inside back page for contact numbers.

If you are going away on holiday remember to let the supplier USL 0800 658814 know, so they can arrange extra supplies you may need to take with you.

Problem solving

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

Urinary Infection

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| Cause | <ul style="list-style-type: none">• Bacterial contamination (germs have entered your bladder through your catheter) |
| 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 want to 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• Try taking a glass of cranberry juice three times per day as a preventative measure. |

There is no urine in your bag for several hours

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| Cause | <ul style="list-style-type: none">• The tubing could be kinked or bent• You have not 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 it is more than four hours since urine has passed, then contact your doctor or nurse |

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

Bleeding

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|-----------|---|
| 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">• Blood in the urine or around the catheter |
| Treatment | <ul style="list-style-type: none">• Increase your fluid intake• If the bleeding persists or is still heavy after two days, contact your GP• Contact your GP who may take a urine sample and prescribe a course of antibiotics |

Bladder spasm / Leakage around your catheter

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| Cause | <ul style="list-style-type: none">• The bladder is irritated by either an infection, catheter or full rectum (when constipated) pressing on it. The bladder then clamps down to expel the irritation causing leakage around the tubing |
| Signs | <ul style="list-style-type: none">• Lower abdominal pain• Leakage of urine• Decreased urine in the catheter bag |
| Treatment | <ul style="list-style-type: none">• Take regular four hourly panadol while pain is present• If pain persists, contact your doctor or nurse• Check catheter isn't pulling. Secure with extra leg strap• Take some prunes (2-3) to treat any constipation• Check tubing is not kinked and drainage bag is below bladder level• Check tap on leg bag is open to night bag at night |

Catheter falling out or leaking

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|-----------|---|
| Cause | <ul style="list-style-type: none">• Faulty or damaged balloon or damaged catheter• Bladder spasm (catheter coming out with balloon inflated) |
| 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

The nurse will give you:

- This booklet and explain to you the information.
- A discharge letter from the hospital for your GP with details of your conditions and follow-up care including the date for changing the catheter if required.
- One leg bag and one night bag.

Follow-up Care

A referral will have been sent to the District Nurses and possibly Urology Department (bladder doctors) and 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)

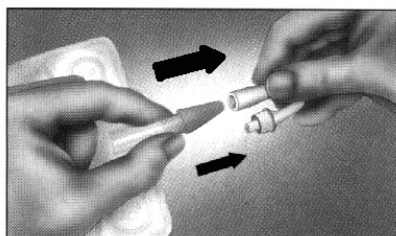
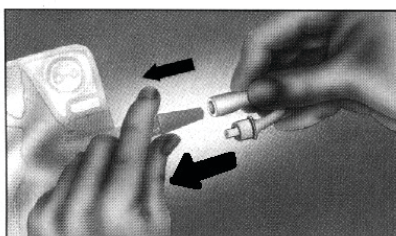
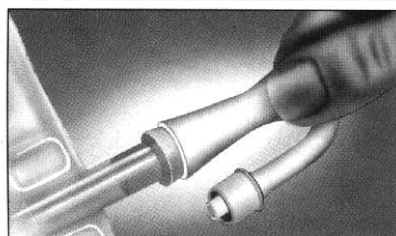
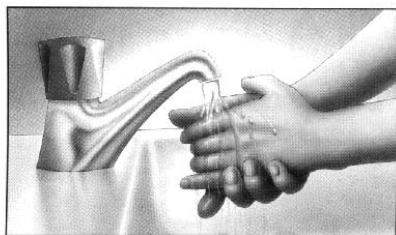
If you are required to have the catheter removed, this will be done by your GP or District Nurse. You will receive an appointment for this. You will be required to have a morning and afternoon appointment. Be prepared to drink plenty of fluid during the day.

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.

To Change the Leg Bag



- 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.
- Take care not to touch the tops of any connecting tubing.
- Pinch off the end of the catheter.
- Withdraw the fluted end of the leg bag tubing from the catheter.
- Remove the protective cap from the new bag and immediately insert the tube into the catheter.
- Secure the new bag using the straps provided.
- Empty urine from the old drainage bag into the toilet.
- Dispose of the old bag in the rubbish.
- Wash and dry your hands.
- The leg bag must be changed when the bag is damaged.
- Catheter and leg bag should only ever be disconnected at the time of the bag change.

Night Bag

At night, a larger 2 litre bag is attached to the bottom outlet of the leg bag or the catheter valve. The night bag has a larger capacity and has a longer tubing, allowing greater movement when in bed. The night bag is replaced fortnightly.



Fitting the Night Bag for night drainage:

- Remove the white or coloured cap from the top of 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 container to keep tubing straight, e.g. Ice cream container or bucket, to contain possible leakage.
- Loosen the lower leg strap to allow better drainage into the night bag.

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 out the night bag with warm soapy water then rinse with warm water.
- Do not leave soaking in the soapy water as this will damage the bag.

Daytime care

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 tubing 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 only 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 1/2 to 3/4 full. If it becomes too heavy it will pull on the catheter.
- Always keep the drainage bag lower than the bladder.
- The leg bag is changed fortnightly.
- The catheter may need to be supported by a suitable catheter strap or secure stay – there are various types according to your need.

Catheter valves

A catheter valve may be used instead of a leg drainage bag. This valve needs to be opened 3-4 hourly if your bladder feels full.



Figure 3: Catheter

The valve is changed every 14 days.

Important Phone Numbers

Monday to Sunday from 8 AM to 4.30 PM

Franklin Community Health Team: (09) 237 0650

Manukau Community Health Team: (09) 295 1250

Eastern Community Health Team: (09) 270 4758

Mangere / Otara Community Health Team: (09) 270 4730

Information for your District Nurse and GP

Date IDC inserted: _____

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

Size of catheter: _____ Female / Male length

Balloon size: _____ No. mls in ballon: _____

Date for removal / change of catheter: _____

Other information (relevant medications, etc)

Counties Manukau Health Values

We aspire to live and breathe our values every day as the foundation of our strategic goal to achieve health equity for our community:



VALUING EVERYONE – Make everyone feel welcome and valued

KIND – Care for other people's wellbeing

TOGETHER – Include everyone as part of the team

EXCELLENT – Safe, professional, always improving

The Code of Rights

This means that you should have

- | | |
|-----------------------------|--------------------------------------|
| 1. Respect and privacy | 6. Information |
| 2. Fair treatment | 7. Your choice and decisions |
| 3. Dignity and independence | 8. Support |
| 4. Proper standards | 9. Rights during teaching & research |
| 5. Effective communication | 10. Your complaints taken seriously |



countiesmanukau.health.nz