

Urinary Catheter Care

Emergency Department Discharge Information

You are being discharged home with a urinary catheter which is a tube that drains urine from your bladder into a drainage bag.

Why am I going home with a catheter?

You may need a catheter temporarily for one of the following reasons:

- You were unable to pass urine or fully empty your bladder
- Bladder weakness that affects your ability to pass urine
- To monitor urine output
- Due to pain, infection or injury affecting urination
- While awaiting follow up or a Trial without a catheter (TWOC)

Caring for your catheter

- Wash your hands before and after touching the catheter or urinary bag
- Clean the area where the catheter enters the body once daily with warm water and mild soap
- Do not use creams or ointments unless advised

How to empty the drainage bag

- 1 •Empty the bag when it is approximately over half full or at least every 6-8 hours
- 2 •Wash your hands
- 3 •Hold the outlet tap over the toilet
- 4 •Open the tap and allow the urine to drain completely
- 5 •Do not let the tap touch the toilet
- 6 •Close the tap
- 7 •Wash your hands after

How to change the drainage bag

You will be provided with a day/leg bag and a larger night bag before discharge.

1	Wash your hands
2	Clamp or kink the catheter tubing
3	Disconnect the old bag without touching the ends
4	Attach the new bag firmly to the catheter
5	Ensure the outlet tap is closed
6	Secure the bag to your leg with straps provided or to the night stand
7	Wash your hands post changing
8	Avoid disconnecting the bag unnecessarily
9	Keep the bag below bladder level at all times to ensure drainage
10	Secure the catheter with the straps provided to the leg to avoid pulling the tube
11	You will need to use a new night bag every night, you can reuse the day bag for up to 5 days

Fluids and Activity

- Drink 6-8 glasses of fluid daily, unless advised otherwise
- You can carry out activities and shower as normal with the catheter
- Avoid constipation – eat fibre and drink fluids

When to seek medical help

- No urine output for 2-3 hours
- Urine leaking around the tube site
- Fever, chills or feeling unwell
- Lower abdominal discomfort
- Blood in the urine
- Urine becomes very dark, cloudy and strong smelling
- The catheter becomes dislodged

Follow-up care & catheter change

You will be contacted by the urology team for a follow up appointment. If you do not get an appointment within 14 days, please contact your GP