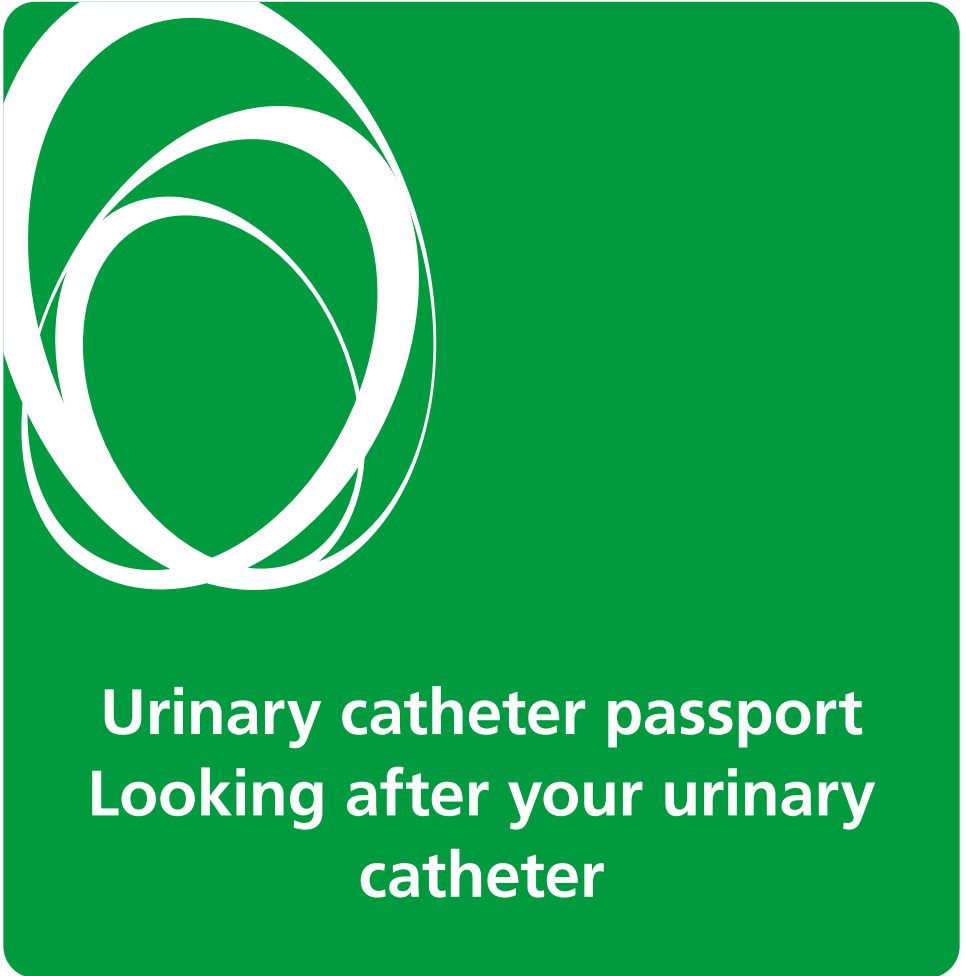




University Hospitals Birmingham
NHS Foundation Trust



Urinary catheter passport
Looking after your urinary
catheter

Building healthier lives

UHB is a no smoking Trust

Always wash and dry your hands before and after touching your catheter and catheter bag to help prevent infection!



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Patient details

Patient	
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GP	Name:	
	Address:	
	Tel No:	

Who to contact

Community Nurse	Name and Clinic name:	
	Address:	
	Daytime Tel No:	
	Out of Hours No:	

Other	Name and Clinic name:	
	Address:	
	Daytime Tel No:	
	Out of Hours No:	

Catheter details

Catheter initiated by:	Hospital <input type="checkbox"/>	Community <input type="checkbox"/>
Reason for catheter insertion:		
Date of insertion:		
Type of catheter:		
Size:		
Problems on catheterisation:	Yes/No Details:	
Date of next planned change:		
Signature:		

Catheter type:	Urethral / Suprapubic Short term / long term
Urinary drainage system:	Long tube / short tube Leg bag: Yes/No Night time drainage Yes/No Valve: Catheter anchorage type: Patient information re choice of catheter products:
Trial without catheter	Details:

UTI - antibiotic treatment

Known colonisation with antibiotic resistant bacteria Yes / No If Yes - please tick below and record date (if known)				
<input type="checkbox"/> MRSA	<input type="checkbox"/> VRE	<input type="checkbox"/> ESBL	<input type="checkbox"/> CPE	<input type="checkbox"/> Other MDR

Date	CSU result	Blood culture result (n/a if not obtained)	Antibiotic commenced for CAUTI + duration (If gentamicin and/or ciprofloxacin resistant, CPE or MDR isolate seek advice from medical microbiologist re antibiotic prescribing)

UTI / CAUTI / Antibiotic therapy

Date	CSU result	Blood culture result (n/a if not obtained)	Antibiotic commenced for CAUTI + duration (If gentamicin and/or ciprofloxacin resistant, CPE or MDR isolate seek advice from medical microbiologist re antibiotic prescribing)

(CA)UTI: (Catheter associated) urinary tract infection **CSU:** Catheter specimen urine
CDT: Clostridium difficile toxin **MRSA:** methicillin resistant Staphylococcus aureus
CPE: carbapenem resistant bacteria **VRE:** vancomycin resistant enterococcus
MDR: multidrug resistant bacteria **ESBL:** Extended spectrum - lactamase producing bacteria resistant to penicillin and cephalosporin antibiotics

Subsequent catheter changes

Catheter bags to be changed every 7 days on every day

Catheter label:	
Reason for catheter change:	
Problems:	
Date of next planned change:	
Print name: Signature: Designation:	

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Reason for catheter change:	
Problems:	
Date of next planned change:	
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Subsequent catheter changes

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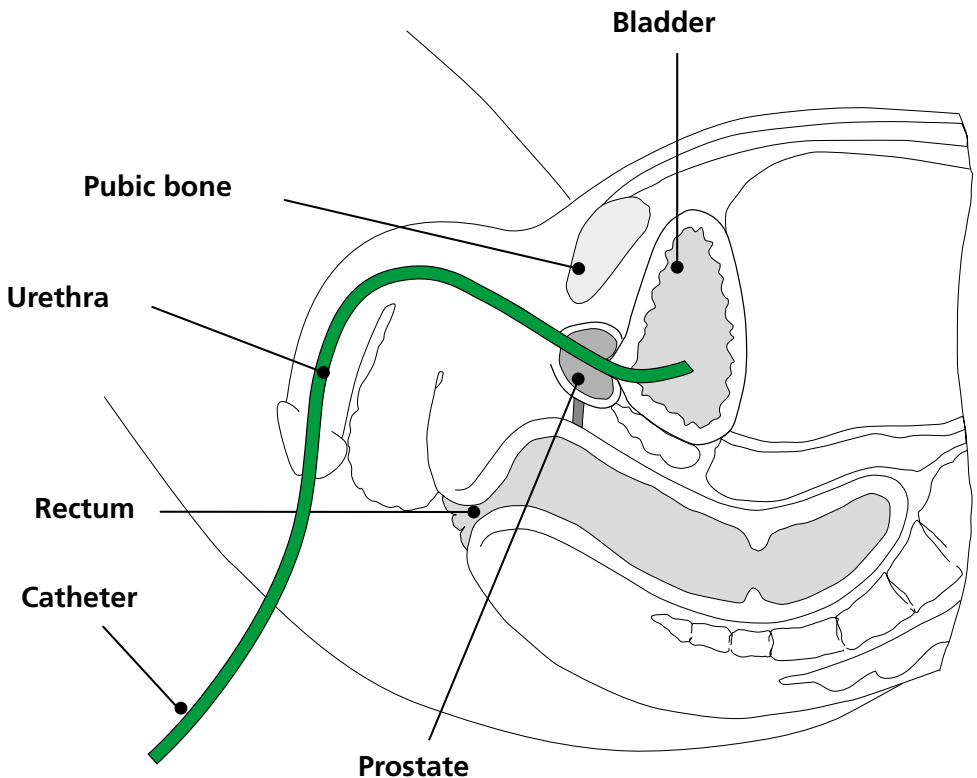
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What is a urinary catheter?

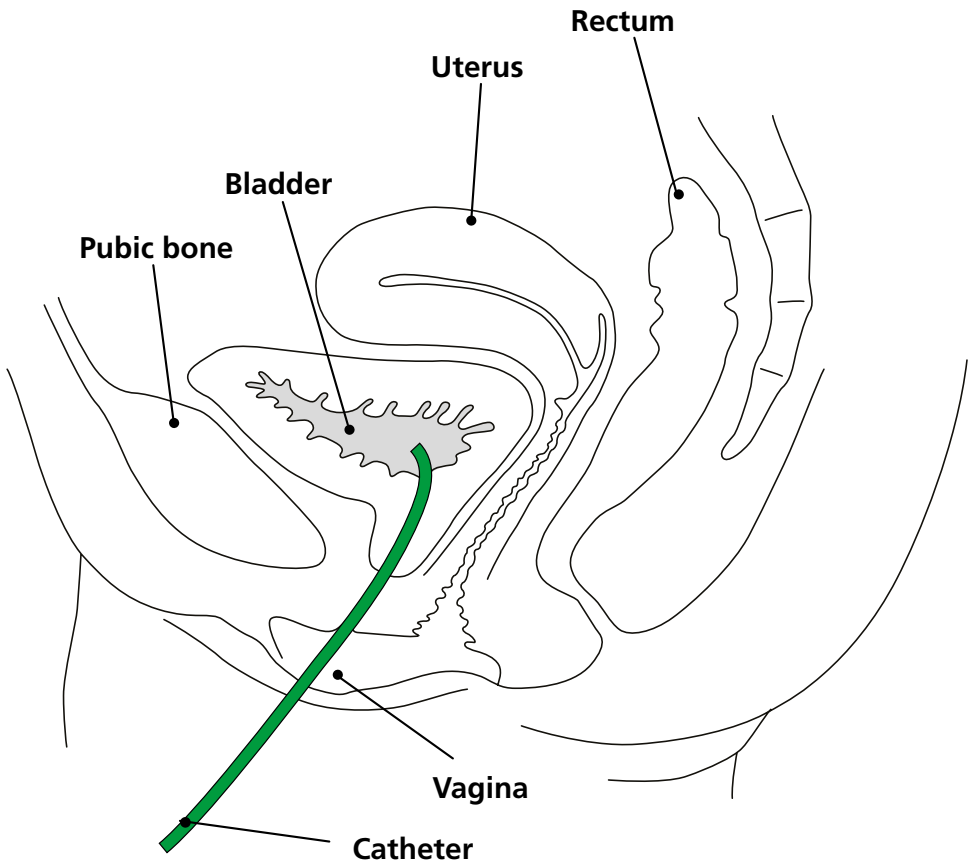
A catheter is a hollow tube which drains urine from the bladder. It is usually inserted through the urethra, see picture below (the tube that leads from the bladder to the outside of the body). Occasionally it will be inserted through a small incision in the abdominal wall (suprapubic catheter). It is held in place by a small balloon filled with sterile water following insertion of the catheter. A catheter is usually necessary because the bladder is not emptying properly.

Urine drains into the catheter bag as the bladder fills. The bag will be strapped to the leg so that it is hidden under your clothing. You will be advised about appropriate straps by the nurse.



Usually the leg bag is changed on a weekly basis. Do not disconnect your leg bag from the catheter unless it is being changed. This will help to stop bacteria from getting into the drainage system and help reduce the risk of infection.

Bags come in different sizes with different lengths of tube; your Community Nurse will be able to advise you on the most suitable bag for your needs.



Risks of indwelling urinary catheters

Long-term catheterisation carries a significant risk of urinary tract infection. The risk of infection increases if your catheter is left in place continuously (an indwelling catheter).

Bladder spasms, which feels like abdominal cramp, are quite common when you have a catheter in your bladder. The pain is caused by the bladder trying to squeeze out the balloon.

Leakage around the catheter is another problem associated with indwelling catheters. This is called by-passing and can occur as a result of bladder spasms, constipation or a blocked catheter, so it's essential to check that the catheter is draining.

Blood or debris in the catheter tube is also fairly common with an indwelling catheter, this could become a problem if the catheter drainage system becomes blocked.

Catheter acquired injury to the entry site or urethra (water pipe).

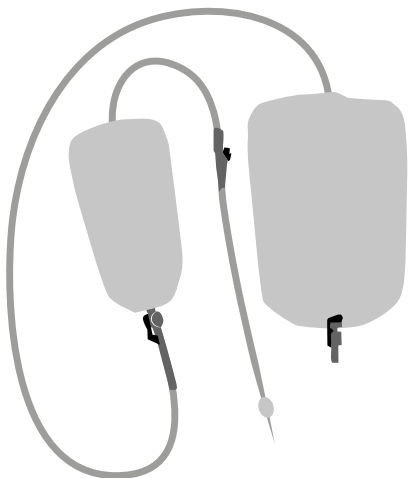
What happens when the bag fills up?

It is important not to let your leg bag get too full. It should be emptied when it is around three quarters full. However, emptying it too often will increase the risk of bacteria entering the draining system.

If you live in your own home, the urine may be drained straight into the toilet. To empty the bag, open the tap at the bottom and let it drain. If you live in a nursing or residential home, or find it difficult to reach the toilet, you should use a container reserved for your urine only, which can be washed and dried thoroughly in between use. Remember to close the tap once you have emptied the bag.

Important: you and your carers should wash your hands before and after emptying your bag.

At night time a larger bag called an overnight drainage bag should be attached directly to your leg bag when you go to bed. This can hold all the urine that drains from your bladder overnight, and this is known as the closed drainage system, as shown in the picture.



You have a choice of two night bags; single use non-drainable or drainable bags.

- If you are using a non-drainable night bag you will need to use a new one each night
- If you are using a drainable bag this will need to be changed every 5–7 days or earlier if it becomes damaged or visibly dirty. During the day the drainage bag tube connector needs to be protected with the original cap to prevent contamination and infection

Are there any alternatives to wearing a urine drainage bag?

Yes there are valves which attach to the end of your catheter. The valve can be released intermittently to empty your bladder. The Community Nurse will show you how to do this, if this is appropriate for you.

How do I dispose of the drainage bags?

Empty any urine from the drainage bags into the toilet, and then wrap them in newspaper or a plastic bag and place them in the dustbin.

How long should my catheter stay in?

This will depend on the reason your catheter was inserted and the type of catheter you have. The nurse will review the need for the catheter at each change.

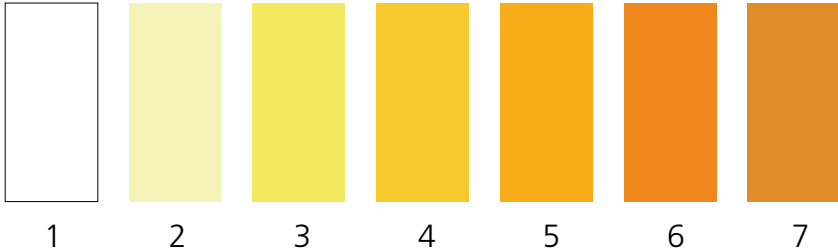
How do I store my catheters and drainage bags?

It is important to store spare catheters and your urine drainage bags in their original packaging away from heat and direct sunlight. You should always have a spare catheter and an adequate supply of catheter bags in case of emergencies.

What should my urine look like?

Urine should be a light yellow colour. If it is orange/dark brown, you may not be drinking enough fluid.

What colour is your urine?



1-3 Hydrated

4-5 Moderately Dehydrated - drink a bit more

6-7 Dehydrated - start drinking

- Dark urine is not a sign of infection, but of not drinking enough
- You should drink approximately 1.5 to 2 litres which is 8 cups or 6 mugs of fluid in 24 hours
- It is common for urine from a catheter to be cloudy and smelly. If this becomes a problem for you, contact your Community Nurse
- Avoid caffeine as this may irritate your bladder. There is caffeine in tea, coffee, cola and drinking chocolate. Try decaffeinated drinks
- Some medication and foods may cause discolouration of urine. Your Community Nurse will be happy to discuss this with you
- If your urine is blood-stained or has specks of blood in it, contact your Community Nurse
- If you are passing bright red blood, you should contact your doctor

Constipation

A full bowel may press on the catheter and stop urine from draining. If you think you may be constipated, speak to the nurse or doctor as soon as possible.

Is my personal hygiene important?

Yes, gently wash the area around your catheter with mild soap and water each day and dry thoroughly. If possible, take a daily bath or shower.

Do not remove your leg bag when taking a bath or shower. Men should wash carefully under the foreskin. It should be pulled back in place after washing. Women need to take extra care in cleaning the area around the back passage, always wiping from front to back after going to the toilet. Do not use talcum powder or creams around your catheter.

Remember, you (and/or your carers) must wash your hands before and after touching your catheter.

Will the catheter affect me having sex?

Sexual intercourse is possible if you take the following steps:

- Wash genitals before and after sexual intercourse
- Men should tape their catheter along the penis and then apply a condom
- Women can tape their catheter along their abdomen
- A suprapubic catheter can be considered for those with an active sex life

What should I do if my catheter is not draining or it is leaking?

- Urine leakage can be normal. This is caused by bladder spasm due to irritation of the bladder by the catheter
- Check the drainage bag is below the level of the bladder, particularly when sitting in a low chair
- Make sure that the tubing is not twisted or restricted by tight clothing
- Make sure that the tubing is not pulled tight or stretched as this may restrict urine flow

- Check that the drainage bag is connected correctly. Make sure that the straps, which secure the leg bag to your leg, are positioned behind the leg bag tube
- Urine will not drain if the bag is full. Empty the bag when it is two thirds full
- Constipation can prevent your catheter from draining. Ask your Community Nurse about eating a healthy diet to avoid constipation
- Change your position and walk around if possible
- Sometimes you can get a vacuum effect in the bladder which can restrict urine flow. This can be easily resolved by placing your urine drainage bag higher than your bladder for 30–60mins
- Urine will not be produced if you are not drinking enough. Make sure that you are drinking enough fluids, (1.5 to 2 litres – 8 cups or 6 mugs in 24 hours)
- Check that your catheter is draining well at regular intervals throughout the day
- Make sure the valve or leg bag is open when connected to the night bag

Do I need a catheter stand?

You will require a catheter stand to hold your urine drainage bag off the floor whilst you are in bed or sitting if it is not attached to a leg bag. This is to reduce the risk of infection and reduce the risk of you pulling out your catheter accidentally.

Attach the night catheter drainage bag to the stand and hang this on the side of the bed or place it on the floor. The District Nurse will show you how to do this at the first visit.

Wash the catheter stand as required with warm soapy water. Dry with disposable paper towels or allow to air dry.

Are there any safety precautions?

Remember to disconnect the night catheter drainage bag from the stand when you get up. Should any fault be seen with the catheter stand, please contact the Community Nursing Services who will arrange for a replacement.

Where can I get further supplies?

You can choose to collect the prescription yourself, ask your GP to pass to the pharmacy, or use a delivery appliance contract (home delivery). Please always ensure you have two weeks' supply.

When should I contact my Community Nurse?

If you have pain related to your catheter or bladder and/or:

- You have not drained any urine and have checked for problems
- If your catheter comes out
- If you think that your catheter may be blocked
- You see blood in your urine (a small amount of blood following a change of catheter is not unusual)
- Your urine is smelly and/or cloudy (make sure you are drinking plenty of fluid). Urine should be light yellow in colour. If it is dark brown you may not be drinking enough.

Always wash and dry your hands before and after touching your catheter and catheter bag to help prevent infection!



Useful information

District Nursing Service

Birmingham GP (SPA): **0300 555 1919** (option 1)

Sandwell GP: **0121 507 2664** (option 3)

Solihull GP: **0121 717 4333**

Charter Home Delivery

The UK's leading home delivery service for prescription continence and ostomy products.

Find out more and place your order: **0800 132 787**
(Free on all landlines)

NHS Direct

24-hour advice and health information: **111**

Please use the space below to write down any questions you may have and bring this with you to your next appointment.

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How did we do? 😊 😐 😞

If you have recently used our services we'd love to hear about your experience. Please scan the QR code or follow the link to share your feedback to help us improve our services. **Thank you.**



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