

# Catheter Care

## Equipment

- Non-sterile gloves
- Collection device
- Alcohol swabs

## General guidelines

- Make sure that urine is flowing out of the catheter into the urine collection bag. Make sure that the catheter tubing does not get twisted or kinked.
- Keep the urine collection bag below the level of the bladder.
- Make sure that the urine collection bag does not drag and pull on the catheter.
- It is okay to shower with a catheter and urine collection bag in place, unless the doctor says not to.
- Check for inflammation or signs of infection in the area around the catheter. Signs of infection include pus or irritated, swollen, red, or tender skin.
- Clean the area around the catheter twice a day with soap and water. Dry with a clean towel afterward.
- Do not apply powder or lotion to the skin around the catheter.
- Do not tug or pull on the catheter.
- At night it may be helpful to hang the urine collection bag on the side of the bed.
- Inspect the device securing the catheter to leg, if loose notify nurse.

## Procedure

You will need to empty the bag regularly. It is best to empty the bag when it's about half full or at bedtime. If the doctor has asked to measure the amount of urine, the staff will do that before you empty the urine into the toilet.

1. Wash your hands with soap and water. Don non-sterile gloves.
2. Remove the drain spout from its sleeve at the bottom of the collection bag.
3. Cleanse spout with alcohol swab.
4. Open the valve on the spout.
5. Let the urine flow out of the bag and into the toilet or a container. Do not let the tubing or drain spout touch anything.
6. After you empty the bag, close the valve and put the drain spout back into its sleeve at the bottom of the collection bag.
7. Remove gloves, and wash your hands with soap and water.
8. Document accordingly if you were required to measure the output.