



Bristol  
Community  
Health

**NHS**

# Urinary Catheter PASSPORT

Caring for your Urinary Catheter

*Helping you to live life well*

# HOW TO CONTACT US

**Monday to Friday 08:30 - 17:30**

Community Nurse Base:.....

.....

Address:.....

.....

Telephone: .....

**Out of Hours:**

**Weekends & Bank Holidays Contact:**

.....

Address:.....

.....

Telephone:.....

## PATIENT CONTACT DETAILS

Name:.....

.....

Address:.....

.....

.....

Gender:    Male             Female

Date of Birth:            /            /

GP:.....

Surgery:.....

.....

Telephone:.....

# Urinary Catheter PASSPORT

## INTRODUCTION

The aim of this booklet is to provide you with all the necessary information to enable you to care for your urinary catheter. It will also provide a useful form of communication between other healthcare professionals.

**Please take this booklet to all of your hospital or doctor's appointments and carry with you when travelling.**

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*For use by healthcare professionals:*

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## WHAT IS A URINARY CATHETER?

A urinary catheter is a flexible hollow tube inserted into the bladder via the urethra or supra-pubic site. It is kept in place by a balloon inflated with sterile water. The catheter allows urine to drain from the bladder into a drainage bag or a catheter valve can be used which allows the bladder to fill prior to emptying.







## URINE COLOUR CHART

Urine should be clear, pale yellow in colour and odourless. If it is dark yellow / orange in colour, or contains debris and an offensive odour you may have an infection and you need to drink more. If symptoms persist for 24 hours please contact the district nurses.


Please refer to the Urine Colour Chart on the following page to monitor your urine and follow the appropriate advice.

	Pale yellow, clear and odourless	OK
	Yellow, clear and odourless	OK - continue to drink water
	Dark yellow	Drink more water
	Amber or honey	Dehydrated at risk of infection
	Pink or rose	Have you eaten beetroot, blueberries or rhubarb recently? If not you could have a urine infection - drink more and call a nurse if the colour persists.





## LOOKING AFTER YOUR CATHETER

-  Wash your hands thoroughly before and after touching your catheter
-  Empty the leg bag when it is two thirds full using a jug which is only used for this purpose. Wipe the outlet tap with an alcohol impregnated wipe afterwards.
-  The drainage bag / valve should always be lower than the level of your bladder or on a stand or secured around the thigh at all times. Please discuss this with your healthcare professional.
-  If a supra pubic catheter is used you may find a 'Belly Bag' which is secured around the waist more acceptable.
-  Do not allow the catheter tubing or drainage bag to kink or obstruct urine flow.
-  Do not routinely disconnect the catheter from drainage.



-  Do not use oil based creams or talc close to the catheter

## LOOKING AFTER YOURSELF

-  Eat plenty of fruit, fibre and vegetables to prevent constipation.
-  Drink at least 1.5 - 2 litres of fluid a day. This will help prevent infection, constipation and catheter problems. Avoid caffeinated drinks as these irritate the bladder.
-  Keep mobile. This will not only help prevent constipation and promote good health, but it may dislodge debris from the bladder.
-  Good hygiene is essential. Wash the skin around the area where the catheter enters the body with a mild soap and water. A daily bath or shower is ideal. Women should wash their genital area from front to back, while men should wash under their foreskin.

## CONNECTION OF A NIGHT BAG

If this is being undertaken by a carer they must wear disposable gloves.



1. Wash hands and put on gloves.
2. Remove protective cap from night drainage bag. Take care not to touch this part of the tubing.
3. Insert night bag connector into outlet tube.
4. Remove leg straps or bag support devices to allow free drainage.
5. Open tap that connects leg bag to night bag.
6. Attach night bag to catheter stand.
7. Remove gloves and wash hands.

## DISCONNECTION OF A NIGHT BAG

If this is being undertaken by a carer they must wear disposable gloves.

8. Wash hands, put on gloves.
9. Close tap on leg bag.
10. Disconnect night drainage bag from leg bag.
11. Empty urine from bag and either discard or clean (as instructed by your healthcare professional) according to the type of bag used.
12. Apply straps and support devices to leg bag.
13. Dispose of night bag by double wrapping and placing in household rubbish.
14. Remove gloves and wash hands.

# Common Catheter PROBLEMS

**Blockage:** Urine not draining causing discomfort in your abdomen.

- Check catheter tube is not kinked.
- Check clothing and support system is not restricting the flow of urine.
- Check not constipated as a loaded rectum presses on the catheter and can obstruct the flow of urine. Increase fluid intake and dietary fibre.
- Check colour or urine for signs of infection and dehydration (refer to page 4).  
Telephone nurse for advice.

## Reasons why common catheter problems can happen and actions to be taken.

**Bypassing:** Urine leaking from around the catheter.

- May indicate presence of urinary infection (refer to page 4)
- Constipation - increase fluid and dietary intake.
- If you are drinking caffeinated and citrus drinks they could irritate the bladder and cause it to spasm. Change **SLOWLY** to decaffeinated and non-citrus drinks.
- Discuss problems with nurse or GP. If, after following all the above advice the problem still persists as you may benefit from medication to relax your bladder.

# PATIENT CATHETER DETAILS

## FOR USE BY HEALTHCARE PROFESSIONALS

Please prescribe from the Bristol Community Health Continence Urology Guidelines where appropriate.

Catheter size:.....

Catheter material:

Hydrogel Coated All Silicone. Y  N

If no, rational for other catheter material:

.....

## Drainage equipment:

Leg bag	Night bag
Tubing length	2 litre non-drainable/ drainable
Bag capacity	
Catheter valve	

Weekly change of leg bag / valve and night bag by:.....

Has training been given: YES / NO

# CATHETERISATION DETAILS

## FOR USE BY HEALTHCARE PROFESSIONALS

Reason for catheterisation:

.....

.....

.....

- Retention
- Surgical
- Trauma
- Palliative
- Incontinence
- Other:.....

Date of first catheterisation:     /     /



Choice of support system: .....

.....

.....

Choice of suspension system: .....

.....

.....

Planned life of catheter is: .....


To be established after three catheter changes.

# CATHETER RECORDS

## **FOR USE BY HEALTHCARE PROFESSIONALS**

The following is designed to be completed by healthcare professionals, alongside Nursing Records.

This will enhance communication between other healthcare professionals who are involved in caring for this patient.



## Recatheterisation details

Date	
Type of catheter	
Size of catheter	
Expiry date	
Anaesthetic used	
Reasons for change	
Problems	
Date of next planned change	
Signature	

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Bristol Community Health delivers over 35 NHS community health services in and around Bristol. Our mission is to deliver high quality patient care in a person-centred way. For more information, visit [www.briscomhealth.org.uk](http://www.briscomhealth.org.uk)