Urinary Catheter Passport
Caring for you and your catheter
How to contact us

to be completed by the Healthcare Professional
Monday to Friday

Address: .............................................
..............................................................

Telephone: ..........................................

Out of Hours: ..........................................
Evenings, weekends and Bank Holidays Contact: ..........................................
..............................................................

Telephone: ..........................................

Patient contact details

Name: ..................................................................
..............................................................

Address: ..................................................................
..............................................................

Male □ Female □

NHS number: .............................................

Date of Birth: / / 

GP: ..................................................................
Surgery: ....................................................
..............................................................

Telephone: .............................................
Introduction

The aim of this booklet is to provide you with the necessary information to help 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 look at the Urine Colour Chart on the next page to monitor your urine and follow the appropriate advice.
<table>
<thead>
<tr>
<th>Dehydrated you are at risk of infection</th>
<th>Drink more water</th>
<th>OK - continue to drink water</th>
<th>OK</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amber or honey</td>
<td>Dark yellow</td>
<td>Yellow, clear and odourless</td>
<td>Pale yellow, clear and odourless</td>
</tr>
</tbody>
</table>

Is your urine this colour? 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 or directly into the toilet. Wipe the tap with a tissue if necessary.
- The drainage bag / valve should always be lower than the level of your bladder or on a stand or secured around the leg 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 bag or valve.
• 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.
Sexual Activity with a catheter
An indwelling catheter does not need to be a barrier to continuing sexual activity.
Men can tape the catheter along the shaft of the penis and secure it in place with a condom.
Women can tape the catheter up onto the abdomen.
The drainage bag should always be emptied before sexual activity and both partners should wash their genital area thoroughly.
It helps to use plenty of water-based lubrication, such as K-Y® jelly (but not Vaseline®).
A supra-pubic catheter may make sexual intercourse easier.

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 of the drainage bag or valve.
4. Remove leg straps or bag support devices to allow free drainage.
5. Open tap that connects drainage 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.

1. Wash hands, put on gloves.
2. Close tap on leg bag.
3. Disconnect night drainage bag from leg bag.
4. Empty urine from bag and either discard or clean (as instructed by your healthcare professional) according to the type of bag used.
5. Apply straps and support devices to leg bag.
6. Dispose of night bag by double wrapping and placing in household rubbish.
7. Remove gloves and wash hands.
Common Catheter **PROBLEMS**, why they happen and what actions can be taken.

**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.
- Could you be constipated? This can obstruct the flow of urine. You should increase fluid intake and dietary fibre.
- Check colour of urine for signs of infection and dehydration (refer to page 7). Telephone for advice (see contact information).

**Bypassing: Urine leaking from around the catheter.**
- May indicate presence of urinary infection - check colour.
- Constipation - increase fluid and review dietary intake.
- If you are drinking caffeinated and citrus drinks this could irritate the bladder and cause spasms. Change SLOWLY to decaffeinated and non-citrus drinks.
- If, after following all the above advice the problem still persists, discuss this with your nurse or GP. You may benefit from medication to relax your bladder.
What are the symptoms of a catheter urine infection? (CAUTI)

• A high temperature, fever and shaking chills.
• Pain in the loin (kidney area) or abdomen.
• A general sense of feeling unwell and/or confusion.

If you are experiencing any of these symptoms, contact your health care practitioner/community nurse.

Patient catheter details

For use by healthcare professionals

Please prescribe from your local Continence and Urology Guidelines where appropriate.

Catheter size:........................................

Catheter material:

Silicone   Y □   N □
Latex     Y □   N □
PTFE      Y □   N □
Drainage equipment:

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<thead>
<tr>
<th></th>
<th>Leg bag</th>
<th>Night bag</th>
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<tr>
<td>Tubing length</td>
<td>Short / long</td>
<td>2 litre non-drainable / drainable</td>
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<td>Bag capacity</td>
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<td>Catheter Valve</td>
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Weekly change of leg bag / valve and night bag by:

............................................................

Has training been given? Y / N

Catheterisation details

For use by healthcare professionals

Reason for catheterisation:

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

Date of first catheterisation:   /   /
Dispensing appliance company name.................................................................

Obtaining Supplies

Catheters and associated products are obtained on prescription. Your healthcare professional can give you guidance on how best to obtain these however it is your responsibility to ensure you always have a spare catheter and other equipment available.

Choice of catheter support system:
..............................................................................................................................
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Choice of suspension system:
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Plan for trial without catheter?:
..............................................................................................................................
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Planned life of catheter /frequency of change is:
..............................................................................................................................
4 weekly □
12 weeks longterm □
To be established after three catheter changes (if required).
**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.

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| Date | Type of catheter | Size of catheter | Expiry date | Anaesthetic / lubricant used | Reasons for change | Problems | Date of next planned change | Signature |
THINK HYDRATION

Staying hydrated is important for our health and wellbeing

Special thanks to North Somerset Community Partnership, Bristol Community Health, and North Bristol Trust for use of the content in this booklet.