

What should I eat?

Your normal diet is fine but have plenty of fibre (fresh fruit, vegetables and cereals) to avoid constipation. A full bowel can press on the catheter and stop urine flowing freely and cause bypassing/leakage of urine around the catheter.

When your catheter is first inserted you may find you have:

- The feeling you need to pass urine, or you may feel a bladder spasm or cramp from time to time - this usually stops within a few days and is nothing to worry about
- Urine leaking around the outside of the catheter can be the result of spasm or constipation. This is not an emergency provided the catheter is draining.

If no urine is draining

- Ensure there are no kinks in the catheter to restrict drainage.
- Check the leg bag is below bladder level.
- You may be constipated, in which case you need to eat more high-fibre foods.
- If there is still no drainage from your catheter, this is an emergency and you must contact the continence service, Silver Chain or go to the nearest Emergency Department.

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This document can be made available in alternative formats on request.

Discharge equipment

- You will be discharged with two leg bags (one on your leg, plus a spare) and a two-litre sterile night drainage bag with a tap.

Date for change/or trial of void

Supplies

It will be your responsibility to buy ongoing supplies and pre-order either by phone or online. These can be obtained from:

Independence Australia

Unit 2/139 Balcatta Road, Balcatta
Phone: 1300 788 855

Surgical House

46 King Edward St, Osborne Park
Phone: (08) 9381 4199

Sir Charles Gairdner Hospital

Hospital Avenue Nedlands WA 6009
General enquiries: (08) 6457 3333
www.scgh.health.wa.gov.au

Osborne Park Hospital

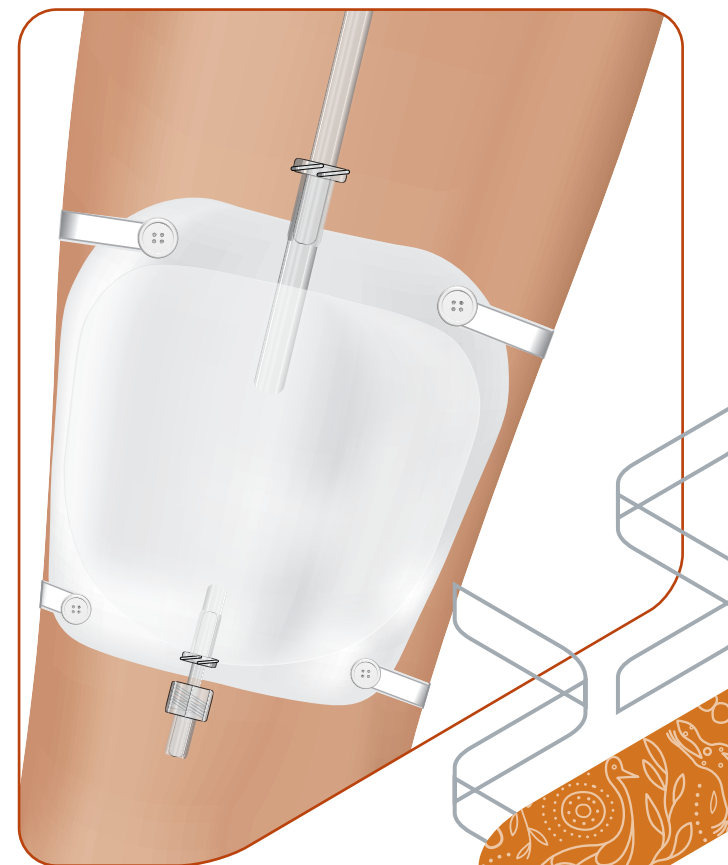
Osborne Place, Stirling WA 6021
General enquiries: (08) 6457 8000

Continence Service

0482 770 662 (8am-3.30pm, Monday to Friday)



Government of Western Australia
North Metropolitan Health Service
Sir Charles Gairdner Osborne Park Health Care Group



At home with your catheter

A guide for patients and carers

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Catheter management

A catheter is a tube that drains urine from your bladder. It is held inside the bladder by a balloon inflated at the catheter tip.

- If your catheter is permanent, arrangements will be made for it to be changed in your home by visiting nurses. This will occur about every six weeks.
- If your catheter is temporary, arrangements will be made for it to be removed after one to four weeks. This is called a 'trial of void' and is performed either at home by visiting nurses, or in a hospital.

Drainage bags

What kind of drainage bag do I need?

You need two kinds of drainage bags - a leg bag and a night bag.

Leg bag: A leg bag is worn under your normal clothing during the day. Your catheter will be attached to a leg bag before you go home.

A leg bag is secured either to your thigh or to your calf with a pair of straps. Alternatively, it may be worn against your leg with a leg bag holder (which can be bought from the suppliers overleaf).

It is recommended you alternate the leg you strap the bag to every two to three days.

Replace with a new leg bag monthly.

To reduce the risk of infection, the leg bag should remain connected to the catheter. Do not disconnect or wash the leg bag.

How and when do I empty it?

You should aim to empty your leg bag **every three hours** during the day. As the leg bag fills, it gets heavier and you will feel a strain on the straps.

Prior to emptying into the toilet:

- Wash your hands
- Open the tap at the bottom of the leg bag and let the urine drain into the toilet
- Close the tap and wash your hands.

Night bag

You should attach a two-litre night bag to your leg bag when you go to bed.

To do this:

- Connect the night bag to the tap at the bottom of your leg bag
- Open the tap of the leg bag so that the urine flows into the night bag
- Hang the night bag in a new clean bucket beside your bed or use a holder (which can be bought from the suppliers overleaf).

Remember, urine cannot drain uphill, so always keep the drainage bag lower than your bladder.

To remove the overnight bag

- Wash your hands.
- Close the tap on the leg bag and disconnect the night bag.
- Empty urine from the night bag into the toilet.
- Wash the night bag in soapy water and hang over a tap in the bathroom or laundry to dry.
- Replace with a new two-litre night bag every three to four weeks.

Personal hygiene

- Wash perineal area where catheter enters your body with mild soap and warm water at least once a day and after having a bowel motion.
- Dry area thoroughly.
- Wash hands before and after emptying, connecting or changing drainage bags.

What should I drink?

Drink at least **eight to 10 cups** of fluid per day unless told otherwise by your doctor.

If you are drinking enough, your urine should look a pale lemon colour.

