

INFORMATION FOR PATIENTS

Going home with a urinary catheter

What is a urinary catheter?

A urinary catheter is a long drainage tube that is inserted into the body. It has a small balloon at the top of the catheter, which is inflated in order to keep it firmly in place in the neck of the bladder.

A bag is then attached to the catheter to collect the urine that the catheter will drain from your bladder.

Once your catheter is in place, we advise you to be careful to avoid any pulling or friction as this could cause you pain and discomfort.

Catheter care:

- You will be able to shower as normal with your catheter.
- Wash the area where your catheter enters your body twice daily with soap and water.
- Avoid using creams or powders.
- Ensure you drink plenty of fluids to keep your urine draining well.
- Ensure you wash your hands before and after touching your catheter.
- Avoid becoming constipated, as this could slow urine output.

How to empty your catheter:

- Please wash your hands with soap and water.
- Unfasten any straps on your legs if you find this makes it easier for you.

- Open the tap at the bottom of the catheter bag and drain the contents into the toilet.



Tap open



Tap closed

- Once emptied you can close the tap.
- Avoid touching the drainage port with your hands to reduce any risk of infection.
- Wash your hands.

Catheter leg bags:

- Your leg bag can be used for five to seven days before a new bag will be required. Two straps are used to attach the leg bag to your leg.
- At night-time, you can attach your night bag to the tap on your leg bag.
- Ensure once your night bag is attached that you open the tap on your leg bag to allow the urine to drain into the night bag.
- In the morning, close the leg bag tap before removing the night-time bag. Empty your night bag and then discard the urine.



Please seek advice if you have any of the following problems:

- Severe pain or discomfort around catheter site or abdominally.
- If you find your urine is not draining well or has stopped draining altogether.
- Cloudy or offensive smelling urine.
- If you have any leakage from around the catheter.
- Any blood in your urine. Pale, blood stained urine can be normal after having bladder surgery, however, if it does not subside after a few days please get this checked by either your district nurse or GP practice.
- If your urine is heavily blood stained, for example if it appears bright red or if you are able to see clots, then this needs urgent medical attention, so please attend your local accident and emergency department.
- If you develop any symptoms such as a high temperature, shaking, shivering, or sweating or generally feeling unwell, please attend your local accident and emergency department as this could indicate that you have an infection.

Contact numbers:

- Day Case Unit – 01623 622515, extension 6061/3187
- Urology Outreach Nurses – 01623 622515, extension 2429
- Call For Care (District Nurses) – 01623 781899.

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references (if relevant) for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

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