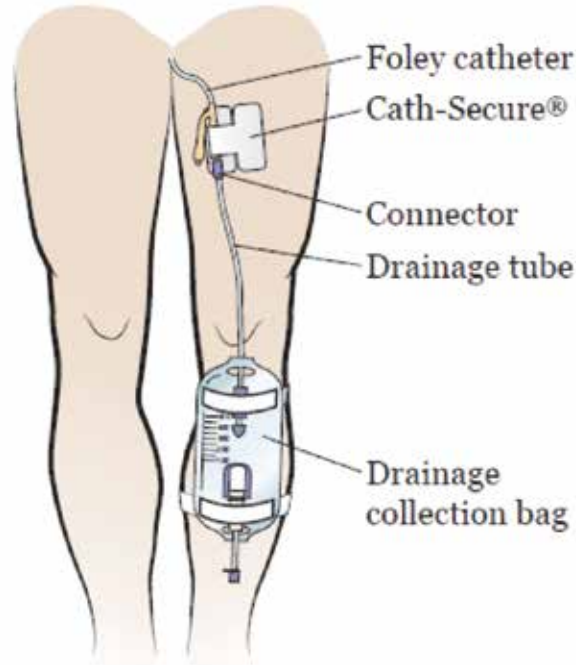




M.P. SHAH HOSPITAL
A Legacy of Care

INDWELING CATHETER



This is thin tube that passes through the urethra (tube that carries urine from the bladder to outside the body) that drains into a drainage bag or the toilet.

REASONS FOR HAVING A CATHETER

- Post-surgery
- When you have a blocked urethra
- In some cancer treatments

HOW DOES IT WORK

- A thin tube is passed through the urethra to the bladder once it reaches the bladder then a water balloon is inflated to prevent it from falling out.
- The end of the tube is then connected to a draining bag for urine collection.

WHAT DO I NEED TO CLEAN THE CATHETER?

- Warm water
- Clean cloth/face towel
- Mild soap water
- Clean towel



HOW TO CLEAN YOUR CATHETER?

- Wash your hands with soap and water and dry using a clean towel
- Hold the catheter where the tip is next to your body with one hand, this helps prevent movement that can cause it to come out
- With the other hand soap the cloth and gently wash the catheter from the point of entry of your body moving towards the drainage bag (for men start from the penis pull back the fore skin and wipe backwards towards the anus and for women start from point of catheter entry point in between the labia and wipe backwards towards the anus. This helps prevent the germs from going back to your body through the urethra.
- N/B: Suprapubic catheters always wipe the surrounding area on the abdomen.
- Rinse the same way, remove soap and dry with a clean towel.
- Wash your hands with soap and water and dry. All dirty cloths used should be cleaned before reuse.

HOW TO CHANGE A DRAINAGE BAG?

You need:

- 2 Alcohol swabs
- Soap

METHOD

- Get a new bag
- Wash your hands with soap and water and dry with a clean towel.
- Empty the urine in the toilet
- At the point where the catheter and the bag are connected pinch the catheter between your fingers and turn as you pull the bag slowly.
- Wipe both the tip of the new bag and the end of catheter with fresh alcohol swabs and connect the new bag and remove the pinch to allow the flow of urine.
- Avoid any kinks and bends on the tubing.
- Wash your hands with soap and water and dry.

HOW CAN I AVOID GETTING INFECTIONS FROM MY CATHETER?

- Wash your hands before and after touching the catheter.
- Always check the tubes for bends and kinks, this helps establish good flow of urine.
- If you have a suprapubic catheter then sponge bath until the wound heals or use a waterproof bandage.
- Avoid scented soap powders and lotion at point of entry of the catheter.
- Always empty urine bag when half full.
- Keep urinary bag below the level of the bladder.



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WHEN CAN I SEE THE DOCTOR?

- When the catheter comes out
- When there is swelling pain or pus coming out at the point of catheter entry
- When the urine looks bloody
- When passing urine, it is cloudy with a strong smell.
- Your body temperature goes high
- When you are passing very little urine

SEXUAL ACTIVITY

- Sexual activity may continue with an indwelling urinary catheter in place.
- You may prefer to discuss with your doctor the use of a suprapubic catheter.
- It is important to wash around the catheter prior to sexual intercourse.
- Men should fold the catheter along the side of the erect penis and hold in place with a condom.
- Women should tape the catheter up onto the stomach.
- Only water based lubricants should be used to assist with sexual intercourse. Other lubricants may damage the catheter.

REFERENCE

<https://www.mskcc.org/cancer-care/patient-education/caring-your-urinary-foley-catheter>