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Su richiesta, questo documento è disponibile in altre lingue e in altri formati.

Sur demande, ce document peut être fourni en d'autres langues et formats.

Na życzenie, dokument ten można uzyskać w innych językach i formatach.

यह दस्तावेज़ अनुरोध किए जाने पर अन्य भाषाओं और प्रारूपों में उपलब्ध है।

ਇਹ ਦਸਤਾਵੇਜ਼ ਬੇਨਤੀ ਕੀਤੇ ਜਾਣ ਤੇ ਹੋਰ ਭਾਸ਼ਾਵਾਂ ਅਤੇ ਰੂਪਾਂ ਵਿੱਚ ਉਪਲਬਧ ਹੈ।

در صورت درخواست این سند به زبانها و شکلهای مختلف در اختیار شما قرار می گیرد.

یہ دستاویز دیگر زبانوں اور مطلوبہ شکلوں (فارمیٹ) میں بھی دستیاب ہے

هذه الوثيقة متاحة بلغات أخرى وباشكال غير الكتابة المقروءة وذلك عند الطلب

My Catheter Passport

Please ensure this booklet is always available for staff to record information at each catheter change and taken to all hospital appointments or any admission to hospital.

It is also advisable to take with you if you are staying away from home for example, holidays, for information.

**If this booklet is found please return to
the patient's GP at:**

This booklet has been produced by:



Introduction

The purpose of this booklet is to give you advice on looking after your urinary catheter. This is your booklet, please keep it safe. If you have a hospital or clinic appointment regarding your catheter you should take this booklet with you and you should also take it with you on admission to hospital or care home.

The second part of this booklet is for your nurses to keep a record of your catheter changes and any difficulties. This will ensure it is clear to other health professionals, who may care for you at a later date, what type of catheter you have and whether there are any factors they need to be aware of at the next catheter change.

What is a urinary catheter?

A catheter is a flexible tube that is inserted through the water pipe (urethra), or directly through the abdomen, into the bladder to drain urine into a bag which is usually strapped to your leg. It is held inside the bladder by a small balloon. Your nurse will regularly review the need for you to use a catheter.

When will my catheter need changing?

Your Community Nurse will advise you on how often your catheter needs changing and also how to obtain further supplies of catheter equipment.

How do I look after my catheter on a daily basis?

- Check your bag every 2-3 hours and empty it when it is $\frac{2}{3}$ full. Do not let your leg bag get too full and heavy, as it will pull and could damage your water pipe (urethra).
- If you have a valve attached to your catheter instead of a leg bag, you should open the valve and empty your bladder:
 - When you feel you need to pass urine - during the day this will probably be every 3-4 hours
 - Before going to bed at night
 - If you are not using a night drainage bag, when you wake at night and feel you need to pass urine
 - First thing in the morning

Complete at each catheter change

Date	
Type of catheter	
Size	
Batch number	
Expiry date	
Is the catheter still required?	
Reason for catheter change	
Any problems experienced during catheterisation	
Date of next planned catheter change	
Signature	
Print name	

Trial without catheter

Date of trial without catheter	Residual urine volume on recatheterisation	Outcome of trial without catheter

If successful to review patient in two weeks time and re-scan.
If any incontinence occurs then complete a full continence assessment and commence treatment programme.

Complete at each catheter change

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- Before opening your bowels - this reduces leakage around the catheter.
- You should change your leg bag or valve every seven days, or when it gets dirty or damaged. Disconnecting the bag too often will increase the chances of infection.
- The catheter should always be held firmly in position with a catheter fixation strap around your leg to prevent pulling, this should be changed weekly with the leg bag (or valve) change, sooner if it gets dirty or wet.
- Attach a new night bag to the leg bag or valve every night, to prevent having to empty the bag overnight. Remember to open the tap of your leg bag or catheter valve, which is connected to the night bag.
- Close the leg bag or catheter valve tap and remove the night bag every morning and dispose of it after draining the urine into the toilet.
- If you have a suprapubic catheter and there is a small leakage around the insertion site, you will have a dressing on for a few days until the leakage has stopped. The area can be washed as described below when the dressing has been removed.
- If this site becomes red and inflamed contact your community nurse/GP for advice.

Urinary tract infections (UTIs)

The main risk of using a urinary catheter is that it can allow bacteria to enter the body causing a urinary tract infection.

Symptoms of a catheter-associated UTI include:

- pain low down in your tummy or around your groin/back
- a high temperature (fever)
- feeling cold and shivery
- acute confusion

Contact your GP/out of hours service or community nurse if you become unwell with these symptoms or you think you have a UTI. You may need treatment.

How can I reduce the risk of getting an infection?

- You should always wash your hands thoroughly with soap and water and dry them, before and after dealing with your catheter and drainage bags.
- Carers should always wash their hands thoroughly with soap and water before and after dealing with your catheter and drainage bags. Carers should also wear a new pair of disposable gloves each time they deal with your catheter.
- Wash the area where the catheter enters your body every day with mild soap and water.
- Women should always wash this area from front to back to prevent germs from the back passage entering, dry the area thoroughly.
- Men should wash carefully under their foreskin if they have one, drying thoroughly and always replacing the foreskin afterwards.
- Avoid using talc, antiseptic, bubble bath, bath salts or creams around the area where the catheter enters your body, as these can cause irritation.
- Do not remove your leg bag when you have a shower or bath, dry your leg bag by patting it with a clean towel and replace your catheter fixation strap.

What should my urine look like?

- Urine should be a light yellow colour. If it is orange/dark brown, you may not be drinking enough fluid.
- You should drink at least 7-8 drinks or 1.5 to 2 litres every day – preferably water, squash or decaffeinated tea and coffee. Avoid caffeine as this may irritate your bladder. There is caffeine in tea, coffee, cola and drinking chocolate.
- Some medication and foods may cause discolouration of urine. Your Community Nurse will be happy to discuss this with you.
- If your urine is cloudy and doesn't improve after drinking more, contact your Community Nurse.

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- If your urine is blood-stained or has specks of blood in it, contact your Community Nurse.
- If you are passing bright red blood you should contact your Doctor as a matter of urgency.

Common catheter related problems

Check the following:

If urine isn't draining into your bag or leaking around the catheter, it might be blocked. If this happens you should check:

- The catheter tubing is not kinked, twisted or restricted by tight clothing.
- The catheter tubing is not pulled tight or stretched as this may restrict urine flow.
- The drainage bag is below bladder level (particularly if you are sitting in a low chair).
- The drainage bag is connected correctly and does not need emptying.
- Make sure the straps, which connect the leg bag to your leg, are positioned behind the leg bag tube.
- Make sure, when the night bag is connected, that you have opened the valve or leg bag tap.
- You are drinking enough.
- That you are not constipated. Constipation can cause drainage problems so it is also important to eat five portions of fruit or vegetables every day.
- If you are still having problems contact your Community Nurse, if the catheter is blocked it will need to be changed.

How to dispose of used catheters and catheter products

After emptying the contents into the toilet, double wrap them (either in newspaper or a plastic bag) and then into your normal household waste. If you are in a hospital or care home, put them in clinical waste. Always wash and dry your hands.

What about sex?

Intercourse is usually possible for both men and women with a urethral catheter. Always wash around your catheter before and after having sex.

Men - You can leave the catheter in place, but once you have an erection, fold the catheter under your penis and apply a condom over your penis and the catheter.

Women - You can leave the catheter in place or pull it forward and tape it onto your stomach. A suprapubic catheter can be considered for those with an active sex life.

You can use a lubricant if you need to, it will not damage the catheter. If you have any concerns relating to this please contact your Nurse or Doctor for advice.

When should I ask for help?

- If urine is not draining and you have followed the simple self-help measures within this information booklet.
- If the catheter falls out; contact your Community Nurse for advice.
- If there is blood in your urine.
- If you experience any sudden onset of lower abdominal or tummy pain. Simple painkillers may help.
- If your urine is cloudy, smelly or you have a burning sensation, which does not improve after drinking extra fluids, you may have a urine infection. Please contact your Community Nurse or GP.
- If urine is leaking around the catheter, enough to make your clothing wet.

Where to get catheter supplies from?

Catheter supplies are available on prescription – please contact the service in plenty of time before your supplies run out - (a minimum of 3 catheters are to be kept in stock at home).

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Sepsis

Sepsis is a rare but serious complication of an infection. Without urgent treatment, sepsis can lead to multiple organ failure and death.

Symptoms of sepsis may include:

- a high temperature (fever) or low body temperature /chills and shivering
- a fast heartbeat
- fast or laboured breathing and feeling dizzy or faint

Severe sepsis and septic shock is a medical emergency.

The symptoms can include:

- a change in mental state – such as confusion or disorientation or slurred speech
- less urine production than normal – for example, not urinating for 18 hours
- cold, clammy and pale or mottled skin
- loss of consciousness

If you think you or someone in your care has one of these conditions, go straight to A&E or call 999.

Patient details - to be completed by your health professional

Patient	Name	
	Address	
	Post Code	
	Telephone number	
	Any known allergies	
District Nurse	Name	
	Health Centre	
	Telephone	
GP	Name	
	Address	
	Telephone	

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Clinic/ Hospital	Name	
	Address	
	Telephone	
Prescription Service (if applicable)	Opening times	Available Monday - Friday 8.30 am - 5.00 pm Excluding Bank Holidays
	Telephone	
Urology Outreach	Opening times	
	Telephone	
Evening and out of hours District Nurses	Opening Times	
	Telephone	

Catheterisation record:

All health care workers should record details of urinary catheterisation in the sections below as well as in the appropriate nursing / medical records.

Completion of the booklet will enhance continuity of care for the patient between both community and hospital settings.

Catheterisation details:

Reason for catheterisation	
Date of first catheterisation	
Catheter can be changed by Community Nurses	Yes / No (delete as appropriate)
Type of catheterisation	Urethral / Suprapubic (delete as appropriate)
Catheter make and size	Standard / Female (delete as appropriate)
Date of last trial without catheter	
Reason for failure of trial without catheter	
Is there a planned date to retry trial without catheter	
Drainage system used and ordering codes	
Leg bags	
Night bags	
Catheter valves	
Specific catheterisation position	

Complete at each catheter change

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