



**York and Scarborough  
Teaching Hospitals**  
NHS Foundation Trust

# Patient Held Urinary Catheter Passport

Name

Looking After Your  
Urinary Catheter  
For You And Your  
Nursing Team

## Patient details

Patient	Name	
	NHS No.	
	Allergy Status	PLEASE STATE IF THERE ARE ANY KNOWN ALLERGIES
	Address	
	Postcode	
Community Nurse	Name	
	Address	
	Tel No	
GP	Name	
	Address	
	Tel No	
Clinic / Hospital	Name	
	Address	
	Tel No	
Date of discharge transfer		<input type="text"/>
Home pack given		<input type="checkbox"/> Y <input type="checkbox"/> N

## **Introduction**

The purpose of this booklet is to give you advice on looking after your urinary catheter. If you have a catheter appointment at your GP surgery or hospital, you should take this booklet with you. The second half of this booklet will be completed by nursing staff to ensure your continuity of care.

## **What is a urinary catheter?**

A catheter is a flexible hollow tube used to drain urine from the bladder. The catheter is inserted into the urethra (the opening of which is situated at the tip of the penis or just above the vagina) or through a hole made in the abdomen (suprapubic catheter).

The catheter is then guided into the bladder, allowing urine to flow through it and into a drainage bag which will be attached to your leg. Some people may have a valve at the end of the catheter instead of a drainage bag.

## **What should I do if I have pain and discomfort?**

Lower abdominal or tummy pain can be experienced when a catheter is first inserted. If this continues, contact your Community Nurse for advice.

## 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?

- Empty the leg bag when it is two thirds full of urine.
- 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 that it is full
  - before going to bed
  - first thing in the morning
  - during the night if necessary
  - at least every 3–4 hours during the day
  - before opening your bowels
- Replace the leg bag or valve once a week.
- To help prevent infection, only disconnect the leg bag or valve weekly when it is replaced with a new one.
- At night, attach a single use, pull bottom night bag. Place night bag on stand. Remember to open the valve to your catheter valve or leg bag valve, which is now connected to the night bag.
- Close the leg bag or catheter valve and remove the night bag every morning and dispose of it (see page 8).
- If you have a stabilisation device for your catheter placed on the thigh, please make sure you have been told how to change or remove it correctly. Please ensure the stabilization device (Known as Statlock) is changed once per week. Ask your District Nurse for Supplies.

- If you have a suprapubic catheter (a catheter through your lower abdomen) and there is a small leakage around the insertion site, you will have a dressing for the first few days until the leakage has stopped. The area can be washed as described below when the dressing has been removed.

## **How can I reduce the risk of getting an infection?**

- Wash your hands before and after touching your catheter.
- Carers and nurses must wear non sterile gloves and apron after hand washing.
- Wash the skin in the area where the catheter enters the body with mild soap and water at least twice a day.
- Men should carefully wash under the foreskin (unless you have been circumcised). Dry the area thoroughly and ensure the foreskin is replaced over the end of the penis.
- Women should always wash the genital area from front to back to prevent contamination from the back passage. Dry the area thoroughly.
- Avoid the use of talc, antiseptic, bubble bath or bath salts and creams. These can cause irritation.
- Do not remove your leg bag when you have a bath or shower, ensure that the leg bag is kept strapped to the leg throughout.

## What should my urine look like?

- Ensure you drink plenty of fluids to help keep the colour of the urine light yellow.
- 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.
- If your urine is bloodstained or has specks of blood in it, contact your Community Nurse.
- If you are passing bright red blood you should contact your Doctor.

## What should I do if my catheter is not draining or it is leaking?

- Check the drainage bag is below the level of the bladder, particularly when sitting in a low chair.
- Make sure that the tubing is not twisted or restricted by tight clothing.
- Make sure that the tubing is not pulled tight or stretched as this may restrict urine flow.
- Check that the drainage bag is connected correctly. Make sure that the straps, which secure the leg bag to your leg, are positioned behind the leg bag tube.
- Urine will not drain if the bag is full. Empty the bag when it is two thirds full.
- Constipation can prevent your catheter from draining. Ask your Community Nurse about eating a healthy diet to avoid constipation. Please see Understanding your bowels information leaflet - ask your nurse to supply. Ensure your diet consists of fruit, Fibre and cereal. Drink around two to three litres daily unless a fluid restriction has been advised by your health care professional
- Change your position and walk around if possible.
- If you experience any urine leakage, please contact your Community Nurse.
- Check that your catheter is draining well at regular intervals throughout the day.
- Make sure the valve or leg bag tap is open when connected to the night bag.

## How do I dispose of used leg and night bag?

- Empty the contents into the toilet.
- Double wrap the bag (either in newspaper or a plastic bag).
- Never wash or re-use a night bag.
- Place into your household waste bin.

## What about sex?

Sexual intercourse is possible if you take the following steps:

- Wash genitals before and after sexual intercourse.
- Men should tape their catheter along the penis and apply a condom.
- Women can tape the catheter along their abdomen.
- A suprapubic catheter can be considered for those with an active sex life.



## When should I ask for help?

Your catheter should remain comfortable and painfree.

However you should contact your District Nurse when:

- You experience acute lower abdominal or tummy pain.
- Urine is not draining and you have followed the simple self-help measures for 2 to 3 hours within this information booklet.
- The catheter falls out and you are unable to pass urine.
- The catheter falls out and you can pass urine.
- There is blood in your urine.
- Urine is cloudy, smelly or you have a burning sensation, which does not improve after drinking extra fluids.
- Urine is leaking around the catheter, enough to make your clothing wet, and your catheter is not draining.
- If your suprapubic (through the tummy) catheter falls out, and you cannot contact your District Nurse, please go to A&E as soon as possible.

If for any reason you do not have a District Nurse, please contact your family Doctor.

Please bring this booklet with you for any hospital admissions.

Please ensure that this booklet is always available for staff to record information.

The purpose of this booklet is:

- 1. To ensure you have all the information required to care for your catheter, and know who to turn to if you have a problem.**
- 2. To ensure there is communication about your catheter between the Community nursing team and the Hospital.**
- 3. There is a written documentation of when your catheter was put in and when its next due to be changed or removed.**

# Catheterisation records

To be completed by nursing staff

## Catheterisation records

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

## Catheterisation details

To be completed by your nursing team.

<b>PLEASE STATE IF THERE ARE ANY KNOWN ALLERGIES</b>	
Reason for catheterisation	
Date of first catheterisation	
Catheter type and size	
<b>Catheter Supplies provided by Hospital</b>	
Leg Bags (Script-easy® Catheter Starter Packs)	
Night Bags (Script-easy® Catheter Starter Packs)	
Catheter valves	
Planned catheter change date or removal:-	

# Catheter Change Record

Use Lot number Sticker from Catheter Pack

Date	
Type of catheter	
Size	
Batch number	
Expiry date	
Reason for catheter change	
Problems	
Date of next planned change	
Signature	

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## **Tell us what you think of this leaflet**

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact Bladder and bowel health service, Clementhorpe Health Centre, Cherry Street, York, YO231AP or email [CommunityContinenceNurses@york.nhs.uk](mailto:CommunityContinenceNurses@york.nhs.uk).

## **Teaching, training and research**

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

## **Patient Advice and Liaison Service (PALS)**

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or via email at [pals@york.nhs.uk](mailto:pals@york.nhs.uk)

An answer phone is available out of hours.

# Leaflets in alternative languages or formats

Please telephone or email if you require this information in a different language or format, for example Braille, large print or audio.

如果你要求本資 不同的 或 式提供 , 電  
或發電

Jeżeli niniejsze informacje potrzebne są w innym języku lub formacie, należy zadzwonić lub wysłać wiadomość e-mail

Bu bilgileri değişik bir lisanda ya da formatta istiyorsanız lütfen telefon ediniz ya da e-posta gönderiniz

Telephone: 01904 725566  
Email: [access@york.nhs.uk](mailto:access@york.nhs.uk)

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