

Night time urinary catheter bags

It is recommended that a larger night bag is connected to the leg bag at night time. When removing the protective cap from the night bag, avoid touching the sterile connector which attaches to the outlet tap of the leg bag and ensure that the outlet tap is in the open position to allow the urine to flow.

To disconnect the night bag from the leg bag: wash your hands; close the outlet tap; disconnect the tubing from the tap; dry the outlet tap; wash and dry your hands.

Changing the urinary catheter bag

To reduce the risk of infection, leg bags and night bags should be changed every five to seven days as follows:

- empty the current bag
- wash and dry your hands
- open the packaging of the new bag
- remove the cap from the bag and avoid touching the end of the tubing
- pinch the catheter just above the connection to the old bag
- disconnect the old bag
- push the end of the new bag firmly into place
- dispose of the old bag and wash and dry your hands.

If you require further advice/ information, please contact your local GP or pharmacist.

Infection prevention and control is everyone's responsibility.

Residents, staff and visitors all have an important role to play in preventing the spread of healthcare associated infections.



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Urinary catheter care

Information for residents

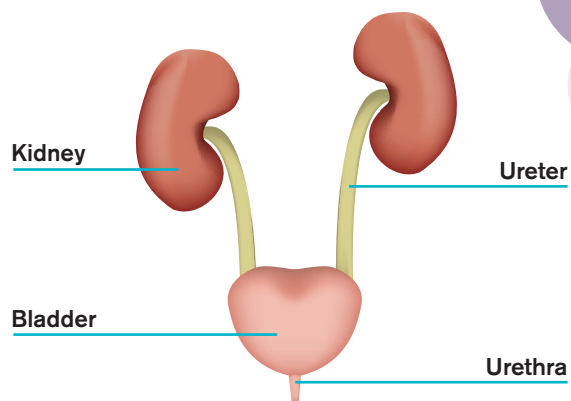


Introduction

This leaflet will provide you with information on urinary catheters that are left in place (indwelling) and how to care for them.

The urinary tract infection?

The urinary tract is the group of internal organs that makes urine (kidneys), stores it (bladder) and removes urine from the body (urethra). See diagram below.



What is a urinary catheter?

A catheter is a hollow flexible tube which is inserted into your bladder to drain urine. This can be placed by inserting the tube into the urethra (through a small opening above the vagina in women or through the length of the penis in men) and is

kept in place by a small water filled balloon at its tip. Or a supra-pubic catheter is inserted into the bladder through an incision in the abdominal wall and this is done in hospital under local or general anaesthetic.

Why do people need a catheter?

There are various reasons why someone may need a urinary catheter:

- to drain the bladder before or after surgery or monitor urine drainage during the days following surgery
- to allow urine to drain if there is an obstruction in the urethra
- if there is a bladder weakness or damage that prevents someone from passing urine
- if someone has a pressure sore or a wound where it can get contaminated with urine
- as a last resort for urinary incontinence.

Catheter associated urinary tract infections

People with urinary catheters are much more likely to develop a urinary tract infection (UTI) than people who do not have a urinary catheter.

Bacteria can enter the urinary tract when a catheter is being inserted or while the catheter remains in place. Most catheter UTIs can be treated with antibiotics and removal or changing of the urinary catheter. Your general practitioner (GP) will decide if you need an antibiotic.

Looking after your urinary catheter

- Don't be afraid of touching your catheter. It will not fall out.
- The catheter tube needs to be kept very clean to avoid infection.
- Wash your hands before and after emptying or changing the catheter bag.
- Keep the tubing free from kinks and twists.
- Use only clean hands to disconnect the drainage bag from the catheter.
- Disconnect the drainage bag as little as possible.

How to empty the urinary catheter bag

- Wash and dry your hands.
- Open the tap on the bag over the toilet or a suitable container and drain the urine.
- Close the tap and wipe with a dry tissue
- Flush the toilet.
- Wash and dry your hands.