

# MICHIGAN INSTITUTE OF UROLOGY

## URINARY CATHETER CARE INSTRUCTIONS

- The catheter is held inside the bladder with a small balloon. The catheter should not be pulled nor should there be any tension applied.
- Tension will cause discomfort and may dislodge the catheter. A small piece of tape can be used to anchor the catheter to your leg.
- When the catheter is attached to a drainage bag it is important to keep the bag below the level of your waist (bladder) so that it drains properly.
- Your doctor will determine when the catheter should be removed.

### GENERAL HYGIENE

- Always wash your hands before and after handling your catheter.
- You may shower with the catheter in place.
- Wash the area where the catheter enters the body twice daily with soap and water.
- A small amount of antibiotic ointment can be applied at the catheter insertion site (available at your local drugstore).
- Avoid baths until the catheter is removed.

### ATTACHING THE DRAINAGE BAG

- Wash your hands with warm water and soap.
- Wash the catheter where it enters your body with soap and water, rinse and dry.
- Remove the protective tip from the tube of the drainage bag.
- Holding your catheter pointing toward the ceiling clamp the catheter tubing and insert the drainage bag tip into the catheter.

### REMOVING THE DRAINAGE BAG

- Wash your hands with soap and water.
- Wash the catheter where it enters your penis with soap and water, rinse and dry.
- Clamp your catheter and pull the drainage bag out of the end of the of the catheter.
- Put the protective tips on both the drainage bag and the end of the catheter.

### FLUID INTAKE

- Increase fluid intake to 8 ounces every 2-3 hours while awake (water or juice is best). This will keep the catheter draining well and keep the urine diluted.
- Avoid things that can irritate the bladder like alcohol, or caffeine in coffee, teas, soft drinks and chocolate.

### EMPTYING THE DRAINAGE BAG

- Wash your hands with soap and water.
- Remove the bag drainage tube from its protective pouch.
- Unclamp and drain into the toilet.
- Close the clamp and replace the tube in its pouch when the bag is empty.

### CONTACT THE OFFICE IF

- Your urine is cloudy, foul smelling, or has bright red blood in it.
- If you have pus-like discharge around the catheter.
- If the catheter is not draining after attempted irrigation.

### BLADDER SPASMS

○ If your catheter comes out.

○ Sometimes the catheter can stimulate bladder contractions. You may feel a burning sensation, a sudden strong urge to urinate or leakage around the catheter. Contact the office if the symptoms are severe.