

Catheter Passport



Guide for male and female patients
and their carers

Please keep it safe.

Date of catheter intervention. Signature and print of healthcare worker		
Reason for catheter intervention e.g. initial insertion/routine change/non-routine change/change of bag/change of fixation/maintenance solution.		
Is the urinary catheter still required? Y/N		
Any changes to type/size of catheter or related equipment and reason for change. Insert catheter/maintenance solution labels here:		
Appearance of urine.		
Appearance of catheter (if removed as part of a routine or non-routine change).		
Specify any problems identified, interventions and outcomes, including CSU if taken and results.		
Date of next catheter review.		18

Together the catheter leg bag and night bags form a closed link drainage system which prevents bacteria getting into the system thereby reducing the risk of Infection (see fig 3).

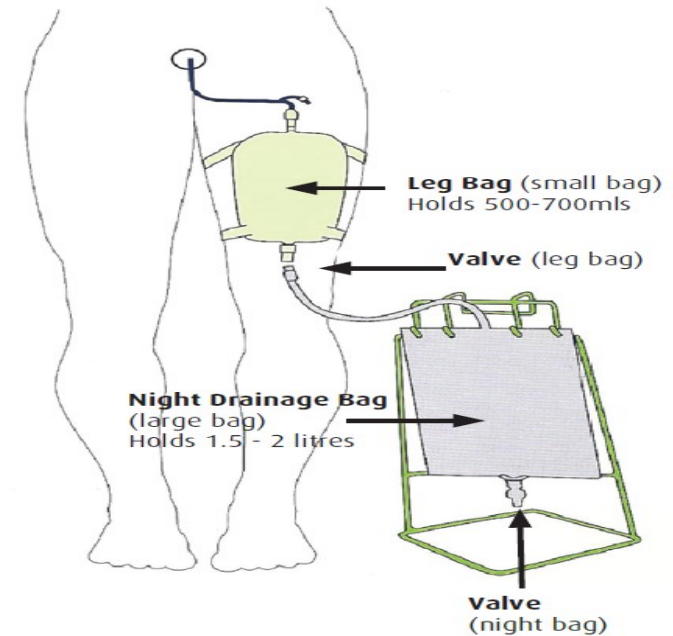


Fig 3

When will my catheter need changing

- Your nurse will advise you how often your catheter needs changing.
- If you have experienced problems in the past when being re-catheterised such as excess bleeding or frequent urinary tract infections it may be necessary for you to have antibiotics prior to being re-catheterised. Your nurse will advise you before re-catheterising you.
- In some circumstances you may be required to go to the hospital to be catheterised if your nurse feels it is necessary. This will be explained to you and arrangements made should this be necessary.

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How do I attach a Drainage bag/Night bag

- Wash your hands thoroughly.
- Remove protective cap from the end of the tube of the drainage bag without touching the end to prevent contamination entering the bladder via the tube.
- Insert the end of the tube firmly into the catheter.
- Ensure your catheter tubing is not kinked or trapped or restricted by tight clothing.
- Wash your hands thoroughly again

Night drainage systems

Connection

- Wash your hands thoroughly
- When attaching a night drainage bag remember to open the leg bag tap/valve to allow urine to flow into the night bag.
- Ensure your night drainage system is kept below the level of your bladder to aid free drainage and prevent backflow of urine particularly when sitting in a chair or in bed.
- Remember to change your drainage bags weekly.
- Wash your hands thoroughly again

Disconnection

- Wash hands thoroughly.
- Close the tap on the leg bag.
- Disconnect the night bag from the leg bag or catheter valve.
- Empty the urine from the bag into the toilet or jug..
- Secure the bag onto the leg using the fixation straps.
- Wash your hands thoroughly again

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 or in bed.
- Make sure the tubing is not restricted by tight clothing.
- Make sure the tubing is not tight or stretched as this may restrict urine flow.
- Check that the drainage bag is connected correctly making sure the straps that secure the leg bag to your leg are positioned behind the leg bag tube.
- Ensure the valve from the day bag is open if your night bag is not draining.
- 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 a health care professional for advice about eating a healthy diet to avoid constipation.
- Change your position and walk around if possible.
- Make sure you are drinking enough fluid, approximately 2 litres of fluid or 6 cups or glasses of fluid a day.
- If you are still experiencing problems and any urine leakage please contact your community nurse for further advice. Remember to have this passport available at all times..

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COMMUNITY CATHETER INTERVENTION RECORD

for;

Patient

NHS Number

This form is to be completed **by healthcare workers providing catheter interventions.**

NB Indications for catheter specimen of urine (CSU):
Fever, altered mental state or malaise/lethargy with no other cause. Flank pain, loin tenderness, acute haematuria (refer also to troubleshooting guidance), pelvic discomfort. Cloudy malodorous urine/positive dipstick are NOT indications for CSU. If a CSU is obtained please document. If a urinary tract infection is diagnosed, change catheter after 24-48 hours of effective treatment with antibiotics.

Follow the manufacturer's specific guidance for any piece of equipment but generally;- valves, catheter bags and leg bags are changed every 5—7 days.

When should I ask for help?

- Your catheter should remain comfortable and pain free however you should ask for help when:
- You experience acute lower abdominal or tummy pain.
- Urine is not draining and you have followed the simple self help measures within this 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 fluid.
- Urine is leaking around the catheter enough to make your clothing wet.
- New pain in the pelvis region, back or legs.
- You feel you may have a high temperature, develop nausea, vomiting or feel generally unwell.
- You experience irritation, tenderness swelling or redness at the catheter insertion site.

How do I dispose of used catheter bags?

- Empty the urine into the toilet, commode or jug.
- **Wash your hands after emptying the drainage bag.**
- Double wrap the bag either with newspaper or place in a plastic bag. Place either into your household waste bin or outside bin. Ensure the plastic bag is tied securely to minimise the risk of leakage into either your household or outside waste bin.
- **Remember to wash your hands after discarding the bag/newspaper into the waste .**

Catheter valves

- Catheter valves attached directly to the catheter are an alternative to urine collection bags for suitable individuals.
- These devices can be used with either urethral or suprapubic catheters and allows urine to be stored in the bladder rather than drained into a bag.
- Catheter valves should be changed weekly.
- Wash your hands before touching your catheter valve.
- Turning the valve into the open position means the bladder can be emptied when normal sensation is felt or at regular intervals.

The valve should be opened to empty your bladder:

- When you feel your bladder is full
 - Before going to bed.
 - First thing in the morning.
 - During the night if necessary i.e. if not using a drainage bag
 - At least every 3-4 hrs during the day.
 - Before opening your bowels.
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- Attach a night bag to the valve every night to drain urine from your bladder overnight. Remember to open the valve.
 - To help prevent infection only remove the valve when it is replaced with a new one weekly.
 - Always remember to wash your hands before and after touching your catheter valve.
 - The catheter and valve should be secured to the leg with a catheter fixation strap. (see fig 4)



Daily Catheter Care

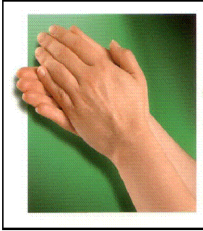
Patient / Carer taught: (please date when achieved)	
Managing the Valve	
Emptying Bag	
Positioning of leg bag	
Fixating the catheter and bag	
Changing bag	
Removal and emptying night bag	
Attaching and positioning night bag	
Disposal of used equipment	
Daily Hygiene	
Reducing risk of infection	
Discussion with patient/carer regarding: (please date when achieved)	
Obtaining help and advice	
Effects of catheterisation on patient's lifestyle	
Fluid Intake	
Bowel Health	
Sexual Intercourse	
Date patient/carer given urinary catheter passport:	
Additional Comments:	

Catheter Removal (final removal NOT routine changes)

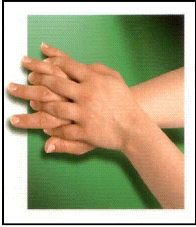
Date of removal:	
Reason for removal:	13
Removed by:	

Wet hands and apply soap

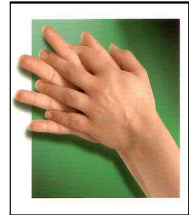
Hand washing Technique



1. Rub palm to palm



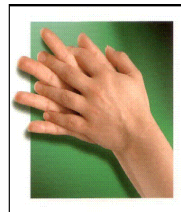
2. Right palm over back of left hand and left palm over back of right hand.



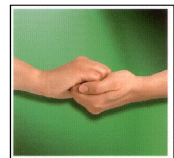
3. Palm to palm with bent and spread out fingers



4. Back of fingers to opposing palms with fingers interlocked



5. Circular rubbing of left thumb in closed right hand and vice versa



6. Circular rubbing backwards and forwards with closed right hand fingertips in left palm and vice versa

What about sex?

If you are sexually active this needn't be a problem for both men and women.

- You should firstly empty the urine collection bag before sexual activity.
- Wash genitals before and after sexual intercourse.
- Men should place their catheter along the penis and apply a condom
- Women can position the catheter along their abdomen