Indwelling Urinary Catheter Maintenance – A guide for care staff

Name of the Patient

This document must remain with the person.



Start Here

Person Assessment

- · Consult the catheter passport (if available) for person specific information
- Know who to consult if you need advice on catheter related issues
- Ensure daily personal hygiene, wash the genital area with warm water and unperfumed liquid soap (see key additional guidance column)
- Check if the catheter and closed drainage system are draining adequately
- Check if catheter bag needs emptying. Empty when 2/3 full

Low Fluid Volume in the Bag – Check if **Urinary Output Consider Dehydration** ₿E Assessment the Catheter is Bypassing or Blocking 1. Urine that smells foul or unusually Check for kinks and straighten them out Check the urine output volume strong, if yes follow point 3 and 4 Check the bowels have moved and ••• and colour 2. Urine that is thick, cloudy or exclude constipation tinged with blood, if yes follow \sim low risk 100 mls/hour = OK Review oral intake point 3 and 4 3. Commence a urine frequency/ medium risk 50-90 mls/hour = Low volume chart and monitor output 30mls/hour = Very low high risk 4. Encourage fluid intake of 1.5-2 litres per day or as directed ?

Does the person show signs and symptoms of having a UTI?

- Person feels unwell
- Fever
- New central lower back pain
- · New confusion or more agitated
- · Pain in or around the area where the catheter is inserted and/or any pus like discharge in the urine
- Change in normal behaviour

Contact the person in charge or your line manager for advice, action or treatment

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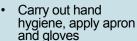
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Key Additional Guidance Daily Personal Hygiene

Male: gently retract foreskin, wash with warm water and unperfumed liquid soap, dry gently and replace foreskin if present and possible.

Female: wash the genital area from front to back with warm water and unperfumed liquid soap, dry area.

Procedure For Emptying Leg Bag



- Remove straps/sleeve from leg drainage bag if necessary
- Open outlet taps on the bag over the toilet or into a person specific jug, allow the urine to drain
- After emptying the bag, close the tap, wipe outlet with a clean tissue or toilet paper, dispose of this in the toilet or disposal bag
- Reapply straps/ sleeve etc
- Remove apron and gloves and dispose
- Carry out hand hygieneRecord urine volumes
- if requiredMaintain dignity at all

times

Indwelling Urinary Catheter Care

Always carry out hand hygiene and put on disposable gloves and apron before

- Touching the catheter
- Changing the leg bag or flip flo valve
- Connecting and disconnecting a night bag

Ensure personal hygiene

- Female wash genital area from front to back with warm water and unperfumed liquid soap, dry area gently
- Men gently retract the foreskin (if present and possible), wash with warm water and unperfumed soap, dry area gently, replace foreskin (this is essential otherwise complications can result)
- Ensure the catheter is clean where it exits the body
- Avoid use of highly scented shower gel/bubble bath and avoid use of talc
- Do not use creams unless prescribed
- Report any abnormal discharge from where the catheter exits the body or if visible in the urine

Health and wellbeing

- Encourage an adequate fluid and dietary intake
- Offer a fluid intake of between 1500-2000mls per 24 hours unless otherwise advised
- Promote a well balanced diet to avoid constipation

Seek advice about appropriate exercise and education regarding the link between constipation and immobility from the person in charge

Care of the leg/night bag

- Empty the leg bag when 2/3 full
- Change the leg bag at least once a week or as otherwise directed by a registered healthcare professional
- Use catheter fixation devices e.g. g-strap, clinifix
- Connect a new single use night drainage bag every night and attach to a catheter stand
- Ensure the bag remains below the level of the bladder at all times

How to solve common problems

- If the catheter is leaking and not draining check that
 - the drainage bag is below the level of the bladder
 - the leg bag or catheter tubing is not kinked twisted or over stretched
 - the tubing is not caught up in tight clothing
 - the drainage bag is connected properly
 - the leg straps are in the correct position

Procedure For Changing Leg Bag

Changing the leg drainage bag

- Carry out hand hygiene, put on apron and gloves
- **Do not** touch the end of the leg bag connector or the end of the catheter
- Remove straps/sleeve
- Carefully remove the old bag to prevent urine escaping
- Remove the protective cap from the leg bag, immediately insert the connecting end of the new leg bag into the catheter
- Close the tap on the leg drainage bag or catheter valve
- Reapply straps/sleeve etc
- Dispose of urine in toilet avoiding splashing
- Dispose of leg bag as per policy this may vary in different areas
- Remove apron and gloves and dispose in waste bag as per local policy
- Carry out hand hygiene
- Document the bag change in the notes and/or catheter passport and date the bag when changed if possible

Removal of night drainage bag – single use bags

- Carry out hand hygiene, put on apron and gloves
- Close the tap on the leg drainage bag or catheter valve and disconnect the night drainage bag

- Wipe the end of the leg bag drainage tap with a clean tissue or toilet paper and dispose of this in toilet or disposal bag
- Empty night drainage bag (according to the manufacturer's instructions), dispose of urine in the toilet, avoid splashing
- Dispose of night drainage bag as per policy
- Remove apron and gloves a dispose in waste bag as per local policy
- Carry out hand hygiene

Attachment of night drainage bags – single use bags

- Carry out hand hygiene, put on apron and gloves
- Remove the cap on night drainage bag, connect the night bag to the bottom of the leg drainage bag
- Ensure you open tap on leg drainage bag to allow urine to flow
- Always place night bag on night drainage stand
- Remove apron and gloves
 and dispose
- Carry out hand hygiene

