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<p>Os oes arnoch angen gwasanaeth cyfiethu neu gopi o'r ddogfen hon mewn ieithoedd eraill, tâp sain, Braille neu brint mawr, siaradwch ag aelod o staff CWP, e-bost <a href="mailto:info@cwps.nhs.uk">info@cwps.nhs.uk</a> neu ysgrifennwch i: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.</p>

Looking after your supra-pubic catheter

Continence Advisory Service

Feedback

We welcome any suggestions you have, please send your **comments, concerns, complaints and compliments** to: **The Patient Experience Team**, Trust Board Offices, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

For more information see [www.cwps.nhs.uk](http://www.cwps.nhs.uk)

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## What is a catheter?

A catheter is a hollow, flexible tube, which is inserted into your bladder to drain urine (wee). When the catheter is inserted a balloon is inflated which holds the catheter in place.



## What is a drainage system?

A catheter is attached to a leg bag or a catheter valve. This is known as a “closed system”.

At night a night bag can be attached to the leg bag or the catheter valve.

## How do I care for my catheter and drainage system?

To prevent infection it is very important to:

- Always wash your hands before and after dealing with the catheter and drainage bags.
- Where the catheter enters your body, wash the skin with soap and warm water and dry thoroughly.
- Never use creams or talcum powder.
- The leg bag or catheter valve should only be disconnected from the catheter when the leg bag or catheter valve needs replacing.

## Catheter

- Your healthcare professional will let you know when your catheter will need changing.
- The catheter should be secured to your leg using a fixation strap.

## Leg bag

- Leg bags are attached to your leg by either a strap or holster.
- The leg bag should be emptied when it is 2/3 full
- The leg bag should be changed every 5 to 7 days, or sooner if it becomes damaged.



## Catheter valve

- A catheter valve is attached to the catheter
- Open the catheter valve to empty the bladder as often as directed by your healthcare professional
- The catheter valve should be changed every 5 to 7 days or sooner if it becomes damaged.



## Night bag

- When you go to bed, attach the night bag to the leg bag. The night bag is larger and can hold more urine.
- Always ensure the leg bag or catheter valve tap is open to allow the urine to drain into the night bag.
- Always ensure the night bag tap is closed to prevent leakage.
- The night bag should then be attached to a night bag stand. This can be provided by your healthcare professional.
- Always keep the night bag lower than your bladder as urine can not drain uphill.
- The night bag should be changed as instructed by your healthcare professional.



## What should I eat and drink?

- You should drink 3-4 pints (6-9 cups) every day.
- Your diet should contain enough fibre to avoid constipation as a full bowel can press on the catheter and stop the urine from flowing freely.

## How should I dispose of my drainage bags?

- At home – empty the urine out of the bag, wrap in newspaper and place in a bin.
- In Hospital – speak to the nurse for advice on how to dispose of your bag.

## Can I still have sex?

Yes

## Where do I get my catheter supplies from?

The products are prescribed by your GP.

## When should you seek help or advice?

- If the catheter falls out, contact your GP or Registered Nurse **immediately**.
- If you feel unwell, with pain, fever or abdominal discomfort.
- If your catheter stops draining urine for more than 2-3 hours.
- If you have any bleeding or blood in your catheter.
- If your urine is cloudy or smelly.

Contact number GP \_\_\_\_\_

Contact Number of Nurse \_\_\_\_\_

*People who access our services are welcome to talk to the Team Manager if they are experiencing any problems with their care.*