

Urinary Catheter Management Fact Sheet

- Report the following signs and symptoms of an infection to your physician:
Fever above 101.5 degrees F, cloudy or foul smelling urine, blood in the urine, discharge around the catheter, pain in the flank/bladder area.
- To prevent infection we recommend the following steps:
Adequate fluid intake; Wash the catheter area with soap and water daily, Wash rectal area whenever you have a bowel movement to prevent contamination, Clean the equipment daily, Empty the leg bag every 3-4hrs, the overnight bag every 8 hrs, Always keep the drainage bag below bladder level.
- Report the following signs and symptoms to the VNA:
If urine has not drained for 2 hours even though there has been adequate fluid intake, damp underwear that smells of urine; lower-abdominal pressure, urge to urinate
- If your catheter becomes blocked try to straighten any kinked tubing, change position, lowering the drainage bag, irrigating the catheter
- Wash your hands before any care.
- Secure the catheter to thigh or abdomen to prevent movement
- To empty the bag remove the stopper, drain all urine into toilet; or if indicated, a measuring container so you can record the amount. Do not touch the drain tip with your fingers or with the container, swab the drain tip and stopper with alcohol swab, replace the stopper
- To attach the over night bag empty leg bag, remove the cap of the overnight bag, connect the overnight bag to the leg bag by the rubber tubing/connector, and attach leg straps leaving some slack in the line so the catheter does not pull when you move your leg. REVERSE to remove the overnight bag.
- To clean your drainage bag from the top,
 - Fill the drainage bag ½ full with tap water, shake well so the water rinses all the inside, drain the water from the bottom of the bag, clamp when empty, then repeat one more time.
 - Using the squirt bottle rinse with a solution of 1 tablespoon of liquid bleach with 5 ounces of water to clean and deodorize, squirt into the top of the tubing and allow it to flow into the bag, shake the bag, unclamp and drain into the toilet.
 - Do not let the tubing or bag touch the toilet or floor.
 - Hang the bag to dry over a towel or shower bar, leaving the cap at spigots open.
 - Bags can be used up to 1 month before replacing them; bag should be replaced when the catheter is changed.