A catheter is a tube inserted in the bladder which drains urine into a bag.

Important to know about your catheter:

- Keep the bag below your hips. This keeps urine from backing up into the bladder and can help prevent infection.

- Avoid pulling on or stretching the catheter tubing.

- Check the tubing regularly to make sure it is not kinked or blocked: if this occurs, reposition tubing.

- Clean your catheter every day and as needed for your comfort.

How to keep your catheter clean:

- Wash hands with soap and water before and after touching the catheter, emptying the bag, or changing bags.

- To clean the tubing, use a clean washcloth. Wet the wash cloth with warm, soapy water. As you hold the tubing securely, clean along the tubing starting from the insertion site (where the tubing enters your body) and working away from your body.

- Pat the tubing dry with a clean towel.

Questions or concerns?
Call a hospice nurse at 513-891-7700.

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To empty the bag - at least daily or more often if needed:

1. Wash your hands with soap and water.
2. Put on gloves.
3. Set container under drain spout.
4. Open drain being sure not to touch drain spout tip with hand or container.
5. Drain the urine out of the bag.
6. When empty, close drain until you *hear it click*.
7. Optional: wipe off tip of drain with alcohol swab.
8. Empty container in toilet and rinse container. Air dry container.
9. Wash hands.

Notify your hospice nurse with any questions or if:

- There is urine leaking around the tubing or from the bag.
- You have pain in bladder area or pain where the tubing enters your body.
- The catheter isn't draining urine for several hours and it is not kinked.
- Change in appearance of urine: cloudy, different color, or has a strong odor.
- If you have a fever or chills.
- Increase in confusion or restlessness.
- The tube appears to be working correctly and the patient continues to feel the need to urinate.
- The catheter is pulled out or falls out.

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