

Catheter Passport

Name: _____ NHS Number: _____

This record contains information about your catheter and advice on how to take care of it. Please keep it safe and store it with your catheter supplies. Your nurses will need to write in it when they change or review your catheter. You should also take it with you if you are admitted to hospital.

Discharge information (if appropriate) and information about your catheter – to be completed by the healthcare worker:

Has the patient and/or carer received verbal instructions on:

How to manage their catheter at home?	Y / N
How to obtain further supplies?	Y / N
What to do if they have any problems with the catheter?	Y / N
Has a referral been made to the DN team?	Y / N

Your Catheter:

Date of initial Catheterisation _____ Date of current _____
 Reason for Catheterisation _____
 Residual Urine _____ Make _____ Type: Urethral / Suprapubic / Intermittent
 Size _____ Balloon Size _____ Lot No: _____ Expiry Date _____
 Length: Standard (male) / Female / Paediatric
 Catheter Fixation device: thigh strap / abdominal strap / hydrocolloid

Your Drainage Bags:

Leg Bag: 350 ml. 500 ml. 750 ml. Make: _____
 Night Bag / Bed Bag make _____ Catheter Valve make: _____
 Next Change: _____
 Name: _____ Signature: _____

Please note 2 weeks of catheter supplies must be sent on discharge with the patient. This includes patients who are discharged to nursing homes.

What is a catheter?

A catheter is a hollow flexible tube which drains urine from your bladder. The catheter enters the bladder by inserting it into your urine tube (urethra) this is known as a urethral catheter, or via a small incision made in your abdomen, just below the belly button (umbilicus) this is known as a supra-pubic catheter. Once the catheter is correctly placed inside the bladder, a small balloon is inflated at the tip of the catheter to prevent it from falling out. As urine drains from the kidneys into the bladder it drains down the catheter into a drainage bag. The urine drainage bag can be worn attached to the leg (leg bag) or a larger bag on a stand (night bag).

You will not need to pass urine in the usual way when you have a catheter in place.

Why do people need a catheter?

Many people need a catheter at some stage of their lives, either for a short or long period of time. Normally we are aware of when we need to empty our bladder, and after passing urine the bladder is completely empty. Sometimes the bladder can't function normally; your bladder muscle may lose its normal tone and prevent you from emptying your bladder completely. In men the prostate gland may enlarge as a man grows older and this enlargement can cause pressure on the urethra and prevent the bladder from emptying.

Personal hygiene

It is important that you minimise the risk of developing an infection in your urinary system through good personal hygiene.

- Always wash and dry your hands thoroughly before and after emptying or changing a drainage bag.
- Wash the area where the catheter enters your body with mild soap and water, and continue washing down the catheter tube. Make sure you rinse the area well and dry it completely. This should be done at least daily.
- If you are having a bath or shower, empty the bag, remove the supportive straps or sleeves, and bathe as normal. After bathing dry the bag well and re-apply the supporting straps or sleeve.
- Men should ensure that the foreskin on the penis is pulled back and the area under the foreskin is cleaned with mild soap and water, rinsed well and dried. The foreskin must then be replaced back over the penis.
- You should not use creams, or ointments (unless prescribed) or talcum powder around the area as chemicals in these could damage the catheter.

Hand washing for hygienic catheter care



Why?

Your skin is naturally covered in bacteria (germs). These protect you from more harmful bacteria, which are picked up on your skin as you go about your day-to-day activities. Even though your hands may appear to be clean, bacteria too small to be seen will still be present. Because you use your hands during activities like gardening and cleaning, they will pick up a lot of bacteria that may be harmful.

Why is it important?

The bacteria collecting on your hands could cause a urine infection if they get into your bladder. This is possible if you have an indwelling catheter or if you self-catheterise because you handle the catheters and catheter bags with your hands.

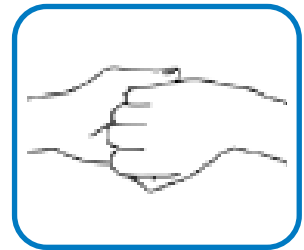
How to effectively wash your hands

Hands should always be washed before and after handling your catheter and your catheter bag.

- Wet both hands with warm water.
- Use enough soap to get a good lather.
- Rub hands together ensuring all areas of the hands are covered, with particular attention to nails, fingertips and between fingers.



Wash **all** surfaces of the hands.
The six steps take about 15 seconds



- Rinse and dry hands well

Your urinary drainage bag

Your catheter is attached to a urinary drainage bag. There are two types of drainage bags: those worn on the leg, either on the thigh or lower leg known as leg bags and larger bags referred to as night drainage bags.

Leg bags are connected to your catheter and act as a container to collect the urine. These bags need to be emptied regularly. You should aim to empty the bag when it is no more than half full, as this will minimise the risk of a heavy urine bag pulling on your catheter. It is important that the leg bag is well supported with elastic straps or supportive elastic sleeves. Where you position the leg bag depends on where feels comfortable for you. Most people prefer to wear the bag on their thigh as it can easily be disguised under clothing. The further away the bag is placed from your bladder, the more risk of tissue damage caused by the catheter pulling.

You should also have been given a supportive strap which is worn on the thigh or on the abdomen to support the catheter itself. This may be a stick on type plaster device or an elasticised strap. This is used to prevent 'drag' on your catheter and helps to promote comfort.

How do I connect a night bag?

- Remove the lycra straps supporting the leg bag or remove it from the elastic sleeve.
- Clean the connector / tap.
- Attach the overnight drainage bag to the bottom of your leg bag.
- Once connected open the leg bag tap and leave it in an open position while the overnight bag is attached.
- Support the night bag on a stand or support hanger and always keep the bag lower than your bladder. Do not allow the bag to lie on the floor.
- In the morning, close the tap on the leg bag, clean the connections and remove the night bag.
- Re-apply the supportive straps on your leg bag.
- Empty and dispose of the night bag.

How do I empty the leg bag?

- Wash and dry your hands thoroughly.
- Clean the tap connector of the bag / valve.
- Open the tap at the bottom of the bag and drain it into a toilet or suitable container.
- Close the tap after you have drained the bag.
- Wash and dry your hands.

How often does the drainage bag need changing?

The leg bags must be changed at least every seven days. If you have a urinary infection or some blood or debris in the bag you may need to change it more regularly. The district nurse will let you know if this is necessary.

The night bags may be single use disposable or a reusable bag that is changed every 7 days. If you are using a catheter valve, these must be changed every seven days.

How do I dispose of the drainage bags?

All catheter bags and valves can be disposed of in normal household waste.

What should I eat and drink?

To help prevent complications and keep your catheter draining, you need to drink plenty of fluids. This should be approximately five to six mugs or eight to 10 cups per day. If you have an underlying health condition which requires fluid restriction, please discuss this with your Doctor/Nurse. It is beneficial to reduce the amount of caffeine intake, so try to drink fluids that are varied. Drinking cranberry juice (one cup per day) may help to keep the urine clear although this can affect some types of medication – please discuss this with your nurse or GP.

Avoiding constipation will help maintain good urinary drainage from your catheter. Ensuring you eat a well balanced diet which includes plenty of fibre such as wholegrain bread and breakfast cereals, brown rice and wholewheat pasta as well as five portions of fruit and vegetables a day should help with this.

When should I seek advice?

You should speak to your nurse or doctor if you experience any of the following:

- The catheter becomes blocked.
- If no urine has drained after three hours.
- If you develop lower abdominal pain and feel that you are unable to pass urine.
- If your catheter falls out.
- If your urine appears cloudy, has a strong smell, or feels as if it is burning and this does not improve after drinking more fluids
- Your urine is suddenly blood stained or discoloured.

If you are unable to contact your district nurse or GP you should contact NHS 111

What happens when I am discharged from hospital?

Before you are discharged from hospital the nursing staff on the ward will show you how to care for your catheter.

They will have contacted your district nurse who will arrange to visit you in your home to make sure you are able to care for your catheter and answer any queries or concerns you may have. You will be provided with phone numbers where you can reach the district nurses, should you require help or advice before their first visit. The contact numbers are written on the back of this record. You will also be given 2 weeks supply of catheter drainage bags and equipment necessary to replace your catheter should it be needed.

How do I receive further catheter supplies?

The catheters and drainage bags are supplied on prescription from your GP. The prescription can be obtained either at a pharmacy or be delivered direct to your home via a home delivery service. Your district nurse will advise you.

How do I store my catheters and drainage equipment?

Catheters, drainage bags and the equipment given to you when discharged from hospital should be kept in their original packaging in a safe dry place away from direct sunlight or heat. A wardrobe or cupboard would be ideal.

Using your catheter on holiday

If you are going on holiday, make sure you take plenty of drainage bags or catheter valves with you. It is very important that you take a spare catheter with you. You should pack your supplies in your suitcase as well as in your hand luggage should your suitcase be lost. You do not need a doctor or nurse's letter when carrying this equipment, but you should take this catheter record with you. You can obtain a travel certificate from your local Bladder and Bowel Service free of charge if travelling abroad.

Can I have sex with a catheter in place?

Many men and women continue to have an enjoyable sex life while a catheter is in place. Women should tape the catheter out of the way along the abdomen.

It may be possible to remove the catheter drainage bag, and temporarily use a catheter bung, (spigot) or catheter valve which will prevent the urine draining. It is important that the catheter is attached to the drainage bag and the urine is allowed to drain freely once intercourse is complete.

Men can tape the catheter along the penis and apply a condom over the penis. They may also be able to remove the drainage bag and use a spigot or catheter valve to prevent urine leakage. Please don't be embarrassed to ask for advice from your nurses or medical staff.

Record of catheter changes

Date of change	Assessment	Catheter required for (trial without catheter considered) _____ Are there any concerns since last insertion if yes, state problems and actions taken:
	Change	Make _____ Type _____ Size _____ Balloon _____ Lot No _____ Expiry Date _____
	Comments	Next Change due _____ Name _____ Signature _____ Designation _____
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Useful Contact Numbers

District Nurse _____  _____

Doctor's Surgery _____  _____

District Nurse Service out of hours: (Sat and Sun, Bank Holidays, Evening and Nights: 5pm - 7pm)

Calderdale GP Patients: 01422 395973

Locala (Huddersfield GP patients) 0300 304 5555

Calderdale Bladder and Bowel Specialist:
01422 252086

Urology Nurse Specialist Ward 22 HRI:
01484 345262 / 345263

If you have any comments about this leaflet or the service you have received you can contact :

Calderdale Bladder and Bowel Specialist
Beechwood Community Health Centre
Halifax

Tel: 01422 252086

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਬ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਚੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ,
ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ کی زبان میں درکار ہوں، تو
برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم
المذكور أعلاه"