

Gynaecology and Maternity Services

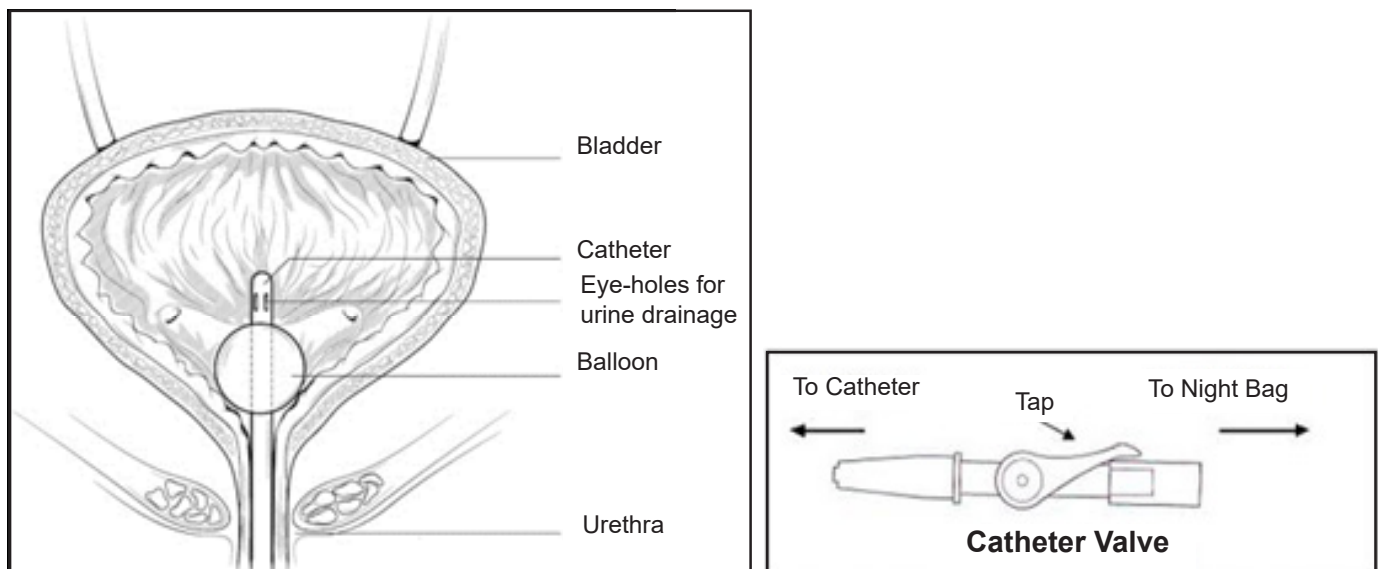
Going home with a Catheter and a Catheter Valve

Your doctor/midwife has recommended that you need a catheter for a period of time after your operation / delivery. This is because your bladder is not working quite as it should at present. Your Doctor/ Nurse or midwife will advise you of the reason for your catheter.

What is a urinary catheter?

A catheter is a hollow tube used to drain urine from the bladder. It is held inside by a small balloon that is filled with sterile water at the time the catheter is inserted. This inflated balloon prevents the catheter from falling out.

A catheter can be attached to a drainage bag particularly when in Hospital however, after discussion with yourself, the decision has been made to attach a catheter valve to your catheter.



Catheter Valves

The catheter valve is a tap like device, which fits into the end of your catheter. The valve offers an alternative to using a drainage bag. Your bladder continues to store urine and can be emptied intermittently by releasing the catheter valve, thus helping to maintain normal function of the bladder. Many people prefer to use a catheter valve, as it is more discreet and comfortable than a leg bag and may reduce the risk of infection and blockage by intermittently flushing the catheter with urine. Catheter valves can also be used with a bedside overnight bag or with a leg bag during the day if toilet access is likely to be a problem. The ward will supply one of each if you think you may need one. You do not remove the valve from the catheter to fit a bag on.

How do I use my catheter valve?

As recommended by your doctor or nurse. You should open your catheter valve whenever you feel the need to pass urine, first thing in the morning (and during the night if necessary), before bed and at least every four hours during the day, as well as before opening your bowels.

How do I wear my catheter valve?

You may find that your catheter valve will tuck into your panties, alternatively, support it with a catheter retainer strap on your upper thigh.

These are available on the ward.

How often should I change my catheter valve?

A catheter valve should be changed every 5-7 days, earlier only if damaged.

Please follow the guide below when changing the valve

- Wash your hands.
- Open the valve and drain all urine into the toilet.
- Take the new valve out of the packaging.
- Holding the catheter firmly with one hand and the catheter valve with the other, pull the valve out from the open end of the catheter. Support the catheter at all times so it does not pull on your urethra (bladder outlet)
- Quickly push the new catheter valve into the open end of the catheter.
- Secure as before (in panties or by strap).
- Wrap old valve in paper and dispose in the household rubbish then wash your hands again.

Please try to increase your fluid intake, aim to drink **at least** 1.5 litres per day of any fluids but try to avoid caffeinated drinks and consider drinking one glass of cranberry juice a day. Please also monitor the colour and smell of your urine to observe for signs of infection. If you have been prescribed antibiotics it is important you take them as prescribed and complete the course. It is important in this post-operative or post delivery period that you do not become constipated as this can affect your flow of urine.

Please contact the ward if you are having problems

Gynaecology Ward contact details:

24hrs a day, every day 01422 223813 / 223820

Maternity wards please use the number you have been given

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

Urogynaecology Specialist Nurse
Calderdale Royal Hospital

Telephone No: 01422 223809

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 ਪ੍ਰਾਰੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ,
ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ یا زبان میں درکار ہوں، تو
براہ کرم 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"