

## CATHETER CARE

- Drink atleast 2 litres of water per day (8-10 glasses).
- Wash the area where catheter enters the body twice daily, with soap and water and then dry with towel.
- Always wash hands with soap and water both before and after handling you catheter/bag.
- Maintain good hygiene. You can bathe with catheter but avoid bathtub and swimming pools
- Maintain catheter in the direction towards the floor for free drainage.
- Always keep the drainage bag below the level of bladder.
- Daily activity and exercise like walking avoids blocking of catheter.
- Secure catheter to abdominal wall or thigh to prevent damage to urethra and bladder
- Change urine collection bag every 7 days. Use alcohol swab for wiping connections while changing bag.
- Catheter needs to be changed every 3 weeks (latex) or 4 weeks (silicone)
- Empty the bag when it fills, at convenient interval (atleast every 8 hrs)
- Avoid constipation while on catheter.
- If there is a urine leak alongside a catheter, ensure that catheter is not blocked. A small leak may occur at the time of straining eg. while passing stools.
- Maintain the record of time and quantity of urine drained.

What is an urethral catheter?

- An urethral catheter is a narrow caliber tube used to drain the urinary bladder. It has a small balloon inflated with water on the catheter tip which prevents it from slipping out.
- When catheter needs to be removed, balloon is deflated from a valve on catheter.