

Indwelling Urinary Catheter Maintenance

– A guide for care staff

Name of the Patient

This document must remain with the person.



Start Here

Person Assessment

- Consult the catheter passport (if available) for person specific information
- Know who to consult if you need advice on catheter related issues
- Ensure daily personal hygiene, wash the genital area with warm water and unperfumed liquid soap (see key additional guidance column)
- If the person is feeling unwell check for symptoms of a **Urinary Tract Infection (UTI)**
- Check if the catheter and closed drainage system are draining adequately
- Check if catheter bag needs emptying. Empty when 2/3 full



Key Additional Guidance Daily Personal Hygiene



Male: gently retract foreskin, wash with warm water and unperfumed liquid soap, dry gently and replace foreskin if present and possible.

Female: wash the genital area from front to back with warm water and unperfumed liquid soap, dry area.

Urinary Output Assessment



Check the urine output volume and colour

100mls/hour = OK		low risk
50-90 mls/hour = Low		medium risk
30mls/hour = Very low		high risk

Low Fluid Volume in the Bag – Check if the Catheter is Bypassing or Blocking

- Check for kinks and straighten them out
- Check the bowels have moved and **exclude constipation**
- Review oral intake



Consider Dehydration



1. Urine that smells foul or unusually strong, if yes follow point 3 and 4
2. Urine that is thick, cloudy or tinged with blood, if yes follow point 3 and 4
3. Commence a urine frequency/volume chart and monitor output
4. Encourage fluid intake of 1.5-2 litres per day or as directed



Does the person show signs and symptoms of having a UTI?

- Person feels unwell
- Fever
- New central lower back pain
- New confusion or more agitated
- Pain in or around the area where the catheter is inserted and/or any pus like discharge in the urine
- Change in normal behaviour



Contact the person in charge or your line manager for advice, action or treatment

Procedure For Emptying Leg Bag



- Carry out hand hygiene, apply apron and gloves
- Remove straps/sleeve from leg drainage bag if necessary
- Open outlet taps on the bag over the toilet or into a person specific jug, allow the urine to drain
- After emptying the bag, close the tap, wipe outlet with a clean tissue or toilet paper, dispose of this in the toilet or disposal bag
- Reapply straps/sleeve etc
- Remove apron and gloves and dispose
- Carry out hand hygiene
- Record urine volumes if required
- Maintain dignity at all times

Indwelling Urinary Catheter Care

Always carry out hand hygiene and put on disposable gloves and apron before

- Touching the catheter
- Changing the leg bag or flip flo valve
- Connecting and disconnecting a night bag

Ensure personal hygiene

- **Female** – wash genital area from front to back with warm water and unperfumed liquid soap, dry area gently
- **Men** – gently retract the foreskin (if present and possible), wash with warm water and unperfumed soap, dry area gently, replace foreskin (this is essential otherwise complications can result)
- Ensure the catheter is clean where it exits the body
- Avoid use of highly scented shower gel/bubble bath and avoid use of talc
- Do not use creams unless prescribed
- Report any abnormal discharge from where the catheter exits the body or if visible in the urine

Health and wellbeing

- Encourage an adequate fluid and dietary intake
- Offer a fluid intake of between 1500-2000mls per 24 hours unless otherwise advised
- Promote a well balanced diet to avoid constipation

- Seek advice about appropriate exercise and education regarding the link between constipation and immobility from the person in charge

Care of the leg/night bag

- Empty the leg bag when 2/3 full
- Change the leg bag at least once a week or as otherwise directed by a registered healthcare professional
- Use catheter fixation devices e.g. g-strap, clinifix
- Connect a new single use night drainage bag every night and attach to a catheter stand
- Ensure the bag remains below the level of the bladder at all times

How to solve common problems

- If the catheter is leaking and not draining check that
 - the drainage bag is below the level of the bladder
 - the leg bag or catheter tubing is not kinked twisted or over stretched
 - the tubing is not caught up in tight clothing
 - the drainage bag is connected properly
 - the leg straps are in the correct position



Procedure For Changing Leg Bag

Changing the leg drainage bag

- Carry out hand hygiene, put on apron and gloves
- **Do not** touch the end of the leg bag connector or the end of the catheter
- Remove straps/sleeve
- Carefully remove the old bag to prevent urine escaping
- Remove the protective cap from the leg bag, immediately insert the connecting end of the new leg bag into the catheter
- Close the tap on the leg drainage bag or catheter valve
- Reapply straps/sleeve etc
- Dispose of urine in toilet avoiding splashing
- Dispose of leg bag as per policy – this may vary in different areas
- Remove apron and gloves and dispose in waste bag as per local policy
- Carry out hand hygiene
- Document the bag change in the notes and/or catheter passport and date the bag when changed if possible

Removal of night drainage bag – single use bags

- Carry out hand hygiene, put on apron and gloves
- Close the tap on the leg drainage bag or catheter valve and disconnect the night drainage bag

- Wipe the end of the leg bag drainage tap with a clean tissue or toilet paper and dispose of this in toilet or disposal bag
- Empty night drainage bag (according to the manufacturer's instructions), dispose of urine in the toilet, avoid splashing
- Dispose of night drainage bag as per policy
- Remove apron and gloves a dispose in waste bag as per local policy
- Carry out hand hygiene

Attachment of night drainage bags – single use bags

- Carry out hand hygiene, put on apron and gloves
- Remove the cap on night drainage bag, connect the night bag to the bottom of the leg drainage bag
- Ensure you open tap on leg drainage bag to allow urine to flow
- Always place night bag on night drainage stand
- Remove apron and gloves and dispose
- Carry out hand hygiene

