Indwelling Urinary Catheter Maintenance
– A guide for care staff

Name of the Patient
This document must remain with the person.

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.

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

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

Urinary Output Assessment
Check the urine output volume and colour
100mls/hour = OK
50-90 mls/hour = Low
30mls/hour = Very low

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
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 flop 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)

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

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

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

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
- 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

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