

Bladder catheterisation consists of inserting a catheter into the patient's urethra so that it is located in the bladder and can divert urine to a collection bag.

It is a sterile technique and should only be performed by a qualified health professional.

Patients with bladder catheterisation at home will require specific care, mainly to avoid infection and other problems derived from the catheterisation

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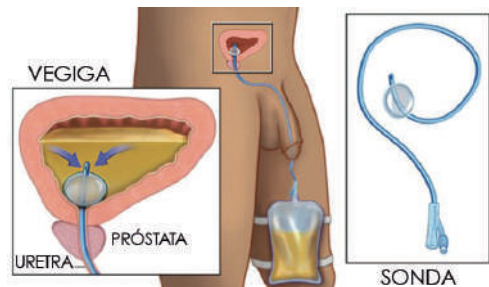
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BLADDER CATHETERISATION GUIDE





BLADDER URETHRA PROSTATE CATHETER

To avoid possible injuries resulting from accidental pulling of the catheter, it is advisable to fasten it to your leg with adhesive tape, especially when the person with the catheter stands up, walks or moves in bed.

There are leg bags that can be used during the day comfortably under clothes. A larger bag should be used at night. The balloon at the end of the catheter is inflated with distilled water inside the bladder and serves to prevent accidental removal. Pulling on the catheter can cause the balloon to break and lesions in the surrounding area.



LEG BAG



LARGER DIURESIS BAG

Steps for daily hygiene >>>

- Carefully wash your hands before handling the catheter.
- You should wash your genital area daily with soap and water. Men should pull back their foreskin to clean the glans and then return it to its initial position to avoid inflammation and paraphimosis. Clean from the tip of the penis backwards, not moving from dirty to clean areas. Women must always clean themselves from front to back.

- It is very important to rinse and dry the area well.
- It is recommended that the catheter tract be washed, always from the genitals towards the end of the bag with a towel or sponge with soap and water, removing any possible encrustations. During cleaning, the catheter should be rotated so that it does not stick to the urethra. Never insert the section of the catheter that is outside. Alternate the position of the collection system and the attachment of the catheter on the thigh to the right and left.

- Watch out for the appearance of ulcers or wounds caused by the catheter. In this case, consult your doctor or nurse.

Bladder catheter care >>>

- Wash your hands before and after handling the catheter.
- Always keep the bag below the waist. Prevent urine from flowing back from the collection tube into the bladder, which increases infection.
- Do not manipulate or disconnect the catheter more than necessary.
- Check regularly if the catheter is clogged or if the urine does not flow properly.
- The urinary bag should be replaced with each catheter change, or if it is damaged, blocked or dirty. If the leg bag is combined with the use of a larger bag, it is very important to wash your hands beforehand and try to wear sanitary gloves when handling it.
- If a leg bag is used it must never touch the ground necessary to change for a larger bag for the night.
- We recommend use of bags with drainage valves, which should also be handled bearing in mind hand hygiene.

- Place the bag on its hanger.

Watch out for signs of urinary tract infection, which may be >>>

- Rib or lower back pain.
- Changes in the colour or odour of your urine.
- Turbidity.
- Appearance of fever.
- Burning, pain in your bladder.
- Poor general condition, confusion, apathy.

Other problems which may lead patients to go to the doctor arise from mechanical problems of the catheterisation:

- Urine leaks around the catheter.
- Blockage.
- Wounds in the meatus.
- Appearance of blood in the urine.

With adequate care and emphasis on daily hygiene you will be less likely to get urinary tract infections and improve your quality of life.

