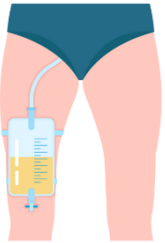


Urinary Catheter Management

For Home Health Care Patients



A **catheter** is held in place by a balloon inside your bladder. **TruCath Duo** Dual- Balloon catheter has two balloons designed to enhance comfort and lower bladder irritation. You also have:



- Tubing connected from the catheter to a drainage bag allows urine to flow.
- Securement device holding the tubing in place, affixed to you skin, so the tube does not pull on your catheter

There are **two types of drainage bags**. A smaller leg bag uses straps around your thigh or calf, depending upon your preference. During the night, you should use a larger, night drainage bag that does not need to be emptied as often.

Daily Care

- **Always wash your hands before and after care to the catheter**
- Empty the drainage bag every 4-6 hours or more frequently during the day as needed.
- Always keep drainage bag below the level of the bladder and avoid any kinks in the tubing.
- Each day gently clean the skin where the catheter enters your body with soap and water.
- Use a securement device daily to help reduce pain, irritation and possible bladder damage from catheter pulling or movement. Change the securement device at least once per week or when soiled or lifting off your skin. You can alternate legs the device is applied to.



Changing the Day to Night Drainage Bag

- Wash your hands.
- Disconnect the catheter from the leg bag. Hold the tubing of night drainage bag and wipe the end of tubing with an alcohol wipes. (AVOID TOUCHING THE OPEN END OF THE CATHETER)
- Connect the catheter to the new tube.
- When in bed, be sure to arrange the drainage tubing so it does not kink or loop.
- **Let the bag hang off the side of bed. Do not leave it on the floor.**
- **Clean Drainage Bags** - rinse the bags with cool water, not hot. To decrease odor, fill bag ½ way with 1-part white vinegar and 3 parts water; shake bag. Rinse thoroughly with cool water. Hang to allow to air dry.



Possible Issues with Your Catheter	What You Can Do
<p>No Urine in the Drainage Bag</p> <ul style="list-style-type: none"> • Check for kinks or any twists in tubing • Make sure the level of the drainage bag is below the level of your bladder at all positions sitting, lying, or standing • Check to see if clothing is restricted • Check to see if leg straps are blocking tubing and drainage 	<ul style="list-style-type: none"> • Adjust any issues that is blocking the flow of urine. • Drink 2 glasses of water immediately and check to see if urine is now draining. Do this only if no abdominal pain or distention.
<p>Urine is leaking around the catheter This means the urine cannot drain down the catheter as may be blocked.</p>	<p>Review above actions when there is no urine in your drainage bag.</p>
<p>Catheter has fallen out The catheter is held in place by a balloon in your bladder. On a rare occasion, it may have deflated, and the catheter will fall out.</p>	<p>Put on a brief if possible. Contact your nurse for a replacement.</p>
<p>Blood in the urine There should not be any blood in the urine unless you have had a recent surgical procedure.</p>	<p>Contact your nurse if any blood is in your urine.</p>
<p>Monitor for signs of Infection which are.</p> <ul style="list-style-type: none"> • Urine is cloudy and/or has an odor • Blood in your urine • Pain, itching, burning, and/or drainage near or at the catheter exit site • Temperature is a 100.5° by mouth • Color of urine is dark and looks like tea • Pain and/or feeling of bladder fullness in the lower part of your belly 	<p>Act Today!</p> <ul style="list-style-type: none"> • You may have a urinary tract infection or problems with the catheter • Actions: <ul style="list-style-type: none"> ○ Call your home health nurse 1-800-521-5539 <p>Or call your doctor</p> <hr/> <p><i>(doctor's phone number)</i></p>
<p>EMERGENCY: Needs Immediate Attention Serious signs of infection may include signs of SEPSIS which is very serious and needs immediate attention:</p> <ul style="list-style-type: none"> • Some of the signs of infection as shown above with any of the following: <ul style="list-style-type: none"> ○ Temperature is above 100.5° by mouth ○ Vomiting or Chills ○ Fast Heart Rate ○ Mental changes, sleepiness, or confusion 	<p>Act NOW!</p> <ul style="list-style-type: none"> • You need to be seen right away: <ul style="list-style-type: none"> ○ Call your home health nurse ○ OR call your doctor right away ○ Or go to the Emergency Department