

CATHETER BAG CLEANING AND CARE PROCEDURE

The following are general guidelines for caring for a patient with an indwelling catheter:

1. Keep the bag below the level of the patient's bladder (pelvis) to foster good drainage.
2. Check the level of urine in the bag to make sure that urine is still flowing into it.
3. Position the catheter tube to stop it from being pulled out. You may use a piece of tape or a catheter strap.
4. Empty the contents of the bag every eight hours or with every visit (whichever is more often).
5. Call the patient's case manager or your supervisor in the following situations:
 - The catheter stops draining. (Before calling, check to make sure that the tubing is not kinked.)
 - The patient complains of pain.
 - The urine is cloudy or foul smelling.
6. Clean any bags not in use as follows:
 - Put on nonsterile gloves.
 - Empty the urine into the commode.
 - Run warm/hot water through the bag.
 - Add two or three ounces of white vinegar to the water in the bag and let it sit for about 20 minutes to remove any residue (scum).
 - Rinse and dry.
 - Clean the end with alcohol prior to inserting it into the catheter at the time of the next change.
 - Remove gloves.
 - Wash hands.
7. Document procedure.

PATIENT/CAREGIVER CATHETER CARE GUIDELINES

When a catheter is in place, it is important to:

1. Drink as much fluid as you possibly can (unless on fluid restriction). Drink 10 to 12 (8-oz) glasses of fluids daily; more during hot, humid weather. Include cranberry juice in your daily routine. This will change the acidity of your urine and help prevent infection.
2. Wash hands with antibacterial liquid soap and put on non-sterile disposable latex gloves.
3. Clean the catheter and area around its entrance into the body twice a day with warm water and soap, rinse well with water and pat dry.
4. Unless otherwise restricted, the patient can shower. Avoid baths. In uncircumcised males, clean under foreskin with soap and water, dry well and replace foreskin to its natural position over the head of the penis.
5. Always keep the bag below the level of your bladder (pelvis) to foster good drainage.
6. Periodically check the bag's level of urine to ensure that the catheter is still draining.
7. Prevent pulling on the catheter by using the leg strap that you receive from your nurse or by taping the tube to the inside of your upper thigh.
8. Empty the contents of the bag every eight hours or when half full.
9. If the catheter stops draining,
 - a. Check to make sure there are no kinks in the tubing or the catheter.
 - b. Change position; sometimes standing or turning side to side will allow drainage to flow.
 - c. Check for signs of urine retention (full bladder-palpable in pelvis).
 - d. Be alert for a severe urge to urinate.
 - e. Check for leakage around the catheter.
10. Check the patient for restlessness and sweatiness.
11. If the catheter is blocked:
 - a. You can irrigate it (if you have been instructed how to do so),
 - b. Call your home care nurse to report your problem, or,
12. If instructed and taught to do so remove the catheter until the nurse can visit, to do so:
 - a. Place an incontinent pad under the patient.
 - b. Wash hands.
 - c. Use an empty 10-cc syringe; insert the tip into the colored rubber port at the end of your catheter. Pull back on the plunger. You will obtain 5-10 cc of water. This water, which was inside a balloon around the end of the catheter, stopped the catheter from falling out.
 - d. Gently slide out the catheter in a straight line from the body. In females the catheter is in only about three inches; in males it is in about six inches.
13. Once the catheter is removed, if urine begins to flow, use some padding (Depends, towels, or sanitary pads) until the nurse arrives. If there is no urine and the patient is still uncomfortable, call the nurse back.
14. Attaching the leg bag and the night bag.

- a. Use the leg bag when the patient is out of bed.
 - b. Do not allow the leg bag to be higher than the bladder.
 - c. Use the night drainage bag when the patient is in bed.
 - d. To avoid the risk of infection, change the bag carefully, washing hands before and after changing the bag.
 - e. Pinch the catheter off and gently twist and pull away from the tubing of the bag to be changed. Quickly insert into the tubing of the other bag.
 - f. Clean the adapter of the bag with alcohol wipe, air dry; do not touch the open end of the adapter.
15. Empty the bag not in use and run some warm/hot water through it. You can also add some white vinegar and let it sit for about 20 minutes. (Try adding some antibacterial soap or solution.) Rinse and dry. Clean the end with alcohol prior to inserting it into the catheter at the time of the next change.
16. Caregivers should remove gloves and dispose of properly and wash hands with antibacterial liquid soap after the completion of catheter care tasks.