

# Take care of Catheter at Home

## Skill is Outcome of Practice and Knowledge

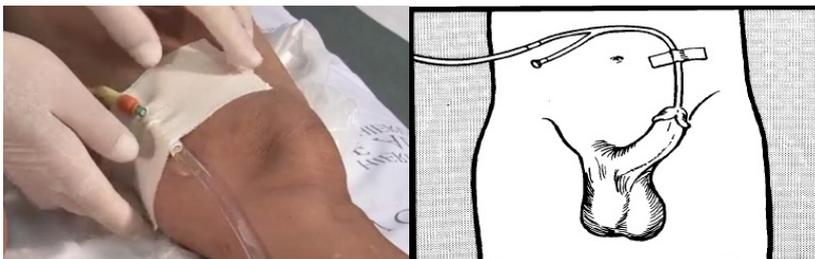
**Your Patient has come home from the hospital with a urinary catheter. A catheter is a thin tube. A urinary catheter drains urine (pee) from bladder to the outside of the body.**

There are some things you need to do to look after your catheter at home. Any family member can learn how to care for a catheter. Before you go home, we will show you what to do. This page also explains what to do.

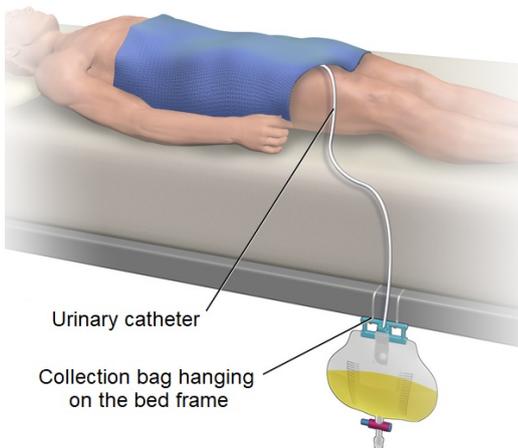
## How to care for the catheter

- Try to drink at least eight to Ten glasses of liquid every day.
- **Wash your hands** with soap and water before and after you touch the catheter or urine.
- Check the catheter tubing at regular interval for **leaks, loops or kinks**.
- Keep your catheter taped firmly in place. We will show you how to do this before you leave the hospital.
- Never try to take the catheter out or put it back in by yourself without advice.
- Always keep the catheter drainage bag lower than your body or bladder level.
- Empty the catheter drainage bag at least two times each day.
- Clean your skin around the catheter every day. Use a clean tissue and povidone-iodine solution such as Betadine. If Betadine is not available, you can use soap and water. Let the Betadine dry for one minute. Then wipe it away with water.
- Movement such as a little exercise can often get rid of any debris such as old tissue cells in your bladder.
- Take your all medicine exactly as prescribed by your doctor.
- Irrigate your catheter as directed by your doctor

## How to Fix Catheter

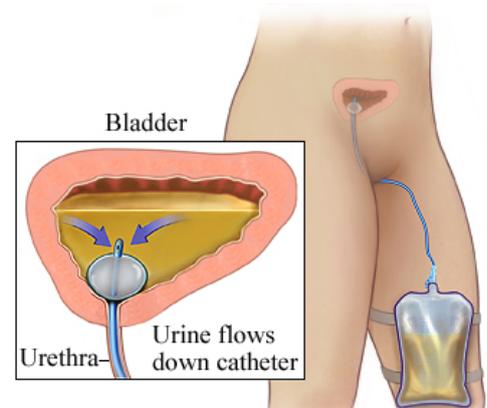


## How to Hang Urine Bag



### Check

- leaks,
- loops
- kinks
- Press
- Low Level
- Air Lock



## Your catheter needs to be irrigated

From time to time, your catheter needs to be irrigated (rinsed). This helps the urine to drain freely.

Any Member can learn how to irrigate the catheter at home.

- if have bladder spasms ( Pain)
- if urine stops draining from the catheter
- if there is mucus in the urine

## A nurse will teach you how to irrigate your catheter

Before your child goes home from the hospital, we will teach you how to irrigate the catheter.

## You will need special supplies

You will need these supplies each time you irrigate your catheter:

- an alcohol swab
- a special salt water mixture called normal saline solution
- a 50 mL syringe with a tapered end
- a 10 ml with Leur Lock Syringe
- a paper towel or other clean towel



[Bladder Wash Video](#)



### Step 1

Wash your hands with soap and water. Gather the supplies you will need.



### Step 2

Open a sterile syringe package and draw 30 mL of normal saline into it. Place the syringe back into the packaging to keep the tip sterile. Do not let the tip of the syringe touch anything else.

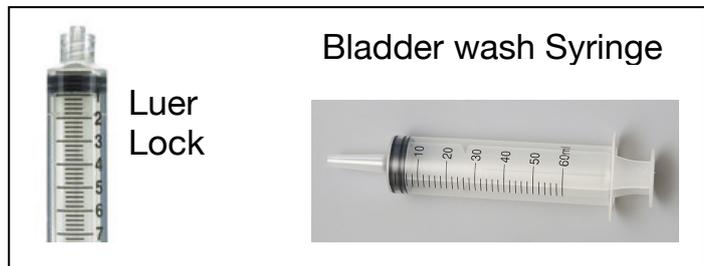
### Step 3

Put a clean towel under the catheter where it connects to the drainage tube. Use an alcohol swab to clean the connection site.



### Step 4

Pinch the catheter between your thumb and forefinger. Disconnect it from the drainage tubing. Put the end of the tubing on the clean towel. Do not use Syringe with Needle



### Step 5

Attach the sterile syringe to the end of the catheter. Gently push the plunger so all of the normal saline solution flows through the catheter. Once the normal saline is all in, gently pull back on the plunger to take it



### Step 6

Clean the tip of the catheter with an alcohol swab. Clean the tip of the drainage tubing with an alcohol swab.

### Step 7

Reconnect the catheter to the drainage tubing. Wash your hands again.



### **Taking Care Of Yourself with Diet**

- Drink plenty of fluids and take regular exercise, but avoid anything too vigorous, ensure your catheter is well supported before any exercise.
- It is recommended that 5 pieces of fruit or vegetables are eaten per day to promote health and maintain a healthy bowel.
- Increase Fibers diet to relieve constipation
- Increase Lime fruits intake to make urine acidic
- Avoid Canned Food
- Avoid excess of Fried Food
- Intake of Vit C is Helpful