

(1) Introduction

- A urinary catheter is a soft rubber tube inserted through the urethra into the bladder and connected to a drainage bag to drain urine out of the body.
- The urinary catheter has two separated tubes. One for draining the urine, and the other one for injecting water into the balloon at the end of the tubes to keep the urinary catheter inside the bladder.
- The duration of indwelling urinary catheter is subject to individual situations.

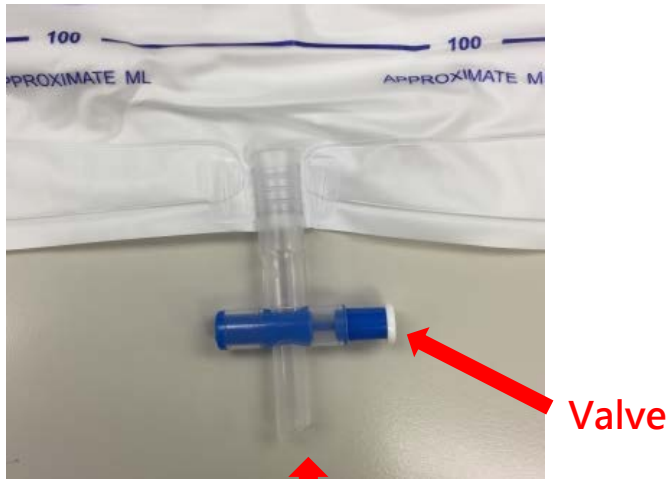
(2) Care instruction of urinary catheter

A. Securing the urinary catheter

- Male: secure the urinary catheter to the inner thigh near the penis
- Female: secure the urinary catheter to the inner thigh below the genitals

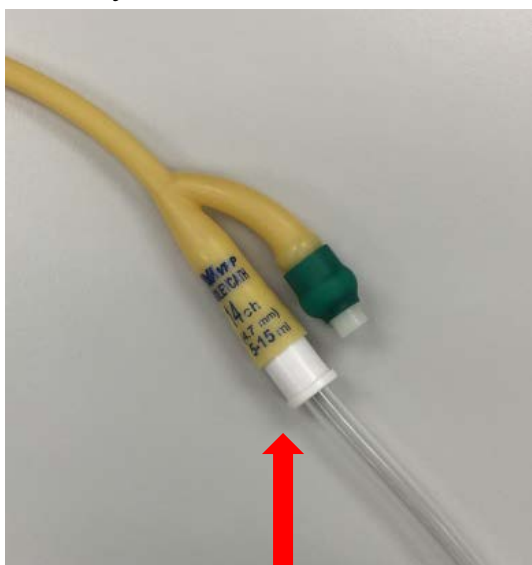
B. Care tips for drainage bag

- Usually there is no need to change the drainage bag unless it is broken or leaking of urine from the bag.
- Make sure the drainage is smooth. Prevent drainage tube from twisting or kinking.
- Empty the drainage bag regularly (about every 4 hours) or when it is 2/3 full.
- Procedures for emptying a drainage bag:
 - Clean hands with soap or 70% alcohol-based handrub
 - Clean the end of the drainage tube with a 70% alcohol wipe
 - Open the drainage tube to drain urine out of the bag. Be sure not to touch the tip of the drainage tube by other objects.
 - Close the tube and clean the end with a 70% alcohol wipe
 - Wash hands with soap
 - Record urine volume, color, and odor



End of drainage bag

- Procedures for changing a drainage bag
 - Clean hands with soap or 70-80% alcohol-based handrub
 - Clean the catheter-drainage tube junction with a 70% alcohol wipe
 - Slightly clamp the urinary catheter closed the drainage bag to prevent urine from coming out
 - Disconnect the drainage bag from the urinary catheter, and connect it to a new bag. Do not let the open ends of urinary catheter and drainage tube touching other objects, such as hands and clothing, etc.
 - Drain urine from the drainage bag and dispose the bag into the rubbish bin. Wash your hands.



Catheter-drainage tube junction

C. When to change a urinary catheter

- Depending on the materials and individual situations, a urinary catheter and drainage bag should be changed every 2-4 weeks by healthcare staff.

D. Prevention of urinary tract infection

- Keep the drainage bag below the level of the bladder at all times.
- Be careful to keep the drainage bag off the floor or dirty objects.
- Do not detach drainage bag from urinary catheter unless it needs to be changed.

E. Personal care and hygiene

- Clean the urinary catheter site and skin around with soap and water daily.
- Drink not less than 1.5 - 2 liters (about 6-8 glasses) of liquids per day to prevent urinary tract infection unless with contraindications.
- Urine is normally pale-yellow in color. Drink more water if it is in deep yellow color.

(3) Consult your doctor at once if any of the following conditions occur

- Symptoms of urinary tract infection : foul-smelling or cloudy urine or blood in urine, fever, tremor or low back pain
- Swelling at the urinary catheter insertion site
- No urine drained from the urinary catheter or bloating of lower abdomen
- Slip out of urinary catheter
- Urine leaking around the urinary catheter
- Pain in the urinary tract
- Marked decreased of urinary output

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December 2021