

HOW TO EMPTY AND CLEAN YOUR URINARY CATHETER

TRANSCRIPT

Whether you will have a urinary catheter for a short time or for a few weeks, there are steps you can take each day to help make living with a catheter more comfortable for you. Always follow all of your healthcare provider's instructions, but here are some general things to keep in mind.

Empty your bag regularly, when it is one third to half full and at bedtime. If it gets too full, urine can flow back into your bladder and can cause infection.

To empty your bag, clean your hands thoroughly with soap and warm water. This helps prevent infection.

Remove the drain spout from its sleeve at the bottom of the drainage bag. Open the valve on the spout and empty the urine into the toilet. Make sure no part of the spout or catheter touches the toilet.

If you have been told to measure the amount of urine, empty it into a measuring container and write down the amount. Then empty the urine into the toilet.

After you empty the bag, close the valve and wipe off any liquid that may still be on the drain spout. Be very careful not to let the drain spout touch anything. If the drain gets dirty, clean it with soap and water or an alcohol swab.

Put the drain spout back into its sleeve at the bottom of the bag. Wash your hands thoroughly once again.

There are several different kinds of drainage bags. Some are disposable and some you need to wash on a regular basis. To prevent infection, clean the drainage bag as often as directed by your healthcare provider.

To do this, wash your hands thoroughly. Change to a new bag. This could be a leg bag, usually used in the daytime. Or you can change to a night bag that you wear to sleep at night. Then, clean the used bag with a solution of 1 part vinegar and 3 parts water. Pour the solution into the tube. Swish the solution around in the bag making sure to clean it thoroughly. Let it soak for about 20 minutes. Then empty and rinse the bag thoroughly. Hang it with the valve open to dry.

When learning to care for your urinary catheter, don't be afraid to ask questions. Your healthcare provider is there to help. Once you do each step a few times, it will become routine.