

LIVING WITH YOUR URINARY CATHETER

TRANSCRIPT

As you live with your urinary catheter, there are some steps you can take to ensure it stays clean, healthy and infection free.

Remember to empty your drainage bag often, whenever it is one third to one half full and at bedtime. Keep your drainage bag lower than the level of your bladder at all times. Clean the area at least twice a day, clean the area after every bowel movement, clean the drainage bag as directed, watch for signs of infection, and call your healthcare provider with any questions or concerns.

Drink plenty of fluid, like water. Your urine should be light yellow or colorless. If not, you may not be drinking enough. Talk to your healthcare provider about how much fluid you need to drink each day to stay healthy.

Make sure your catheter tube does not get twisted.

Keep your drainage bag below the level of your bladder at all times to avoid urine from flowing back into your bladder. Keep the pee below the knee.

You may be able to shower, but do not go swimming or have a tub bath while you have a catheter.

Avoid contact sports. Wear loose clothing that doesn't rub or pull on your catheter. Do not apply powder or lotion to the area around your catheter. And do not have sexual intercourse while you have a catheter.

Each time you empty your drainage bag, check for signs of infection like increased pain, swelling, warmth or redness at the catheter area; blood or pus coming from the catheter area; pain in your abdomen, pelvis, legs or back; a change in the color of your urine, it may look cloudy, bloody or have blood clots in it; a foul odor from your urine; or a fever. If you notice any of these signs, call your healthcare provider.

If you ever notice there is very little or no urine draining through the tube, even though you have been drinking plenty of fluid, contact your healthcare provider. You may have a clogged tube and it may need to be replaced.

Always follow the directions of your healthcare provider to keep your catheter clean and working well in order to avoid infection, complications and discomfort.