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## **INDWELLING URINARY CATHETER CARE**

- ◆ You have an indwelling catheter. This catheter is inserted into the bladder and held in place by a balloon. It will slide in and out of the urethra about 1-2 inches or more, but it will not fall out. Do not pull on the catheter except to reposition for comfort with the leg bag. The tubing on the catheter should not be taut.
- ◆ The catheter is attached to a drainage bag attached to your leg. Please keep both straps above the knee on the inner aspect of the thigh. The straps need to be on the underside of the valves, against your skin. Do not put the bag on your leg with the straps on top of the tubing and the lettering, on the bag, against your leg, you may not have proper drainage from the catheter into the bag if this happens. You empty the urine out of the bag by either pulling off the little cap at the bottom of the bag or twisting the cap until it opens. You may drain the bag into a basin or directly into the commode. Please do this when the bag is not quite full, as this gets rather heavy on the leg and pulls on the straps.
- ◆ Please reposition the leg bag daily to the opposite leg, making sure the lettering on the bag is on the outside of the bag and the straps not on top of the tubing, this helps prevent skin irritation due to the bands on the bag. Remember to keep the bag positioned above the knee.
- ◆ You may shower with the catheter and bag in place or disconnect the bag from the catheter by grasping the catheter and tubing from the bag and gently pull on the connector tubing on the bag, **not the catheter**, to disconnect. You may then rinse the bag out with a mild solution of 1 part vinegar and 10 parts water. This will help prevent odors and keep the bag clean. Wash the tubing with soap and water as you shower or wash and rinse well. It is important to keep this clean.
- ◆ You may have some pinkish tinged urine in the bag, depending upon the reason for your catheter. If the bleeding increases please call the office at 954-463-6408.
- ◆ Do not use any vaseline products on the catheter, as this breaks down the catheter.