



**Royal Surrey
County Hospital**
NHS Foundation Trust

Urinary Catheter Passport

Guildford and Waverley

Please have this passport with you at hospital & community appointments and show it to your Health Care Professional

Patient information leaflet



Guildford and Waverley
Clinical Commissioning Group

This patient held booklet aims to provide information for patients and their carers regarding their catheter and to support communication between professionals.

This booklet is the patient's property and does not replace standard nursing documentation.

Please have this passport with you at hospital & community appointments and show it to your Health Care Professional.

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Personal details:

Name:

Date of Birth:

Hospital Number:

NHS Number:

Address and Postcode:

GP Practice:

Community Nurse/Urology Nurse:

Other key contacts e.g NOK, carers:

Known allergies:

Equipment details for your GP, to be completed by Community Nurse:

Catheter type & drainage system details		
Equipment	Type	Size & Code
Catheter Type		
Leg Bags		
Night Bags		
Fixation device		
Other equipment		
Home delivery service set up	<input type="checkbox"/> No <input type="checkbox"/> Yes, details: _____	

Record of initial insertion details

Reason for requirement of urinary catheter	
Short term reason <input type="checkbox"/> Peri/Post-operative care <input type="checkbox"/> Output monitoring <input type="checkbox"/> Acute urine retention <input type="checkbox"/> End of life care <input type="checkbox"/> Open wounds	Long term reason <input type="checkbox"/> Bladder outlet obstruction <input type="checkbox"/> Chronic retention of urine.
Date catheter first inserted & name of HCP	
Date: _____	
HCP: _____	
Place where catheter inserted	
<input type="checkbox"/> RSCH. <input type="checkbox"/> Patients Home / Nursing Home. <input type="checkbox"/> Other, detail: _____	
Date of Trial without catheter (TWOC) or next catheter change	
For TWOC /change in: _____ weeks. Date: _____	
Clinic/service details so patient can follow up if necessary: _____ _____	

Catheter details		
Type	Size	Water in balloon
Patient has been assessed as competent in self-managing catheter care and valve (preferred) or bags		
<input type="checkbox"/> Yes, assessed by: _____		
<input type="checkbox"/> No, details: _____ _____ _____		
Were any issues experienced during procedure?		
<input type="checkbox"/> Yes, assessed by: _____		
<input type="checkbox"/> No, details: _____ _____ _____		
Can the catheter be safely changed in community setting?		
<input type="checkbox"/> Yes, assessed by: _____		
<input type="checkbox"/> No, details: _____ _____ _____		

Catheter record

Date	Reason for change & length in situ	Location at which changed and any issues	Planned date for next change	Health Care Professional

Catheter record

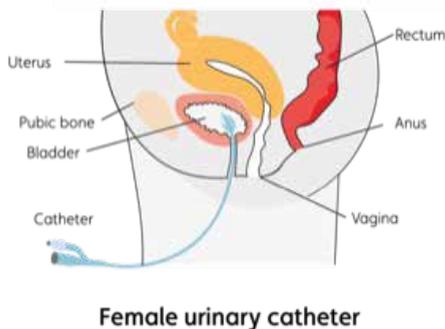
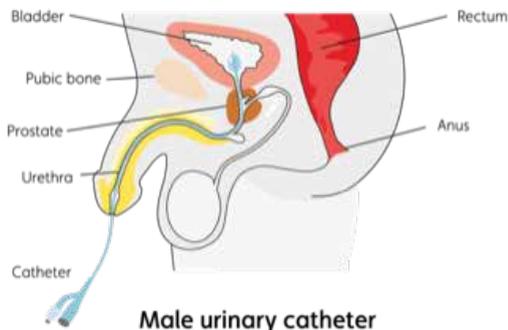
Date	Reason for change & length in situ	Location at which changed and any issues	Planned date for next change	Health Care Professional

Catheter record

Date	Reason for change & length in situ	Location at which changed and any issues	Planned date for next change	Health Care Professional

What is a catheter?

A urinary catheter is a hollow, flexible tube that allows urine to drain from your bladder. When the catheter is inserted, a balloon is inflated with water inside your bladder to prevent it from falling out. Your catheter will be attached either to a leg bag or a catheter valve. A urethral catheter drains through your urethra (the tube through which urine passes). A suprapubic catheter drains through a channel in your abdominal wall.



Why do I need a catheter?

There are many reasons why people need a catheter. Your bladder may not be able to empty itself, or you may need it for other health-related problems.

You may need a catheter for a short period, such as before or after surgery, or you may need it permanently (long term).

Your doctor or nurse will explain to you in detail why you need a catheter, how long for, and what type is best for you. They will also ask you to give your verbal consent to have a catheter.

Please make sure you ask any questions you have at this time or at your next appointment.

Are there any alternatives to a urinary catheter?

Alternatives to an indwelling urinary catheter should be considered at all times where possible. The requirement for a urinary catheter is based on individual patients care needs. The team caring for you will explain if there are any alternatives for you.

Most common alternatives are:

- Contenance aids including pads.
- External sheath catheter for men, (also known as a condom catheter which is attached over the genitalia and connected to a drainage bag).
- Intermittent catheterisation.
- Regular toileting.
- Supra pubic catheter (surgically inserted into the bladder through an incision made above the pubis).

What happens to the urine during the day?

There are two options:

1. **A leg bag** – a simple drainage bag collects your urine. Velcro straps are used to secure the leg bag to your leg. Occasionally these straps may not be appropriate. If this is the case, your Health Care Professional will discuss alternatives with you and advise you of the most appropriate device to secure your catheter.
2. **A catheter valve** – allowing your urine to collect in your bladder, which is **emptied at regular intervals** by releasing the valve.

Both options will be fully explained to you and you will be told how to operate them.

The bag or valve needs changing as **recommended in the manufacturer's instructions (this is usually once per week)**. It is important not to change them more often, as this raises the risk of infection.

TIP: It is a good idea to write the date on the bag when you change it or note this on your calendar.

What happens to the urine during the night?

When going to bed, you should attach the leg bag or valve to a larger night bag, hanging on a stand, to allow urine to drain freely overnight. If you are prone to swollen legs or have poor circulation loosen the straps securing the leg bag so that they do not constrict the blood flow to your leg overnight.

In the morning, close the leg bag or catheter valve, disconnect the night bag and dispose or re-use the bag according to manufacturer's instruction. If re-usable, empty it, wash through with soapy water and store it in a clean place until you reconnect it.

In shared living circumstances (hostels, shared housing, care homes etc.) the risk of infection increases, so the bag should be single use and disposed of after each night.

How do I dispose of used catheter bags?

1. Empty the contents into the toilet.
2. Double wrap the bag (either in newspaper or a plastic bag).
3. Place into your household waste bin.

You will be given supplies when you leave the hospital/have your catheter inserted and told how to get further supplies.

FACT! People with urinary catheters have a higher chance of getting a urinary tract infection than people who don't have a catheter.

How can I manage my catheter to help prevent infection and ensure correct drainage?

- Patients and carers should wash their hands with soap and water before and after touching and after emptying your catheter drainage bags.
- Carers should wear non-sterile gloves when emptying, changing or connecting the night bag.
- Empty the drainage bag when it is two thirds full of urine.
- Keep drainage bags below bladder level to allow urine to drain.
- Change bag/valve every 7 days or according to manufacturers instructions. Only disconnect the leg bag or valve when it is replaced with a new one.
- Unless you have been advised otherwise, drink 6-8 glasses/mugs a day (equivalent to 1.5 - 2 litres / 2.5 - 3.5 pints in 24 hours).
- Try decaffeinated drinks as caffeine may irritate your bladder. There is caffeine in tea, coffee, Coca Cola, other energy drinks and drinking chocolate.
- Plentiful, odourless and pale urine is an indication of good hydration and will help prevent infection.
- Keeping well hydrated during hot weather is particularly important. Remember to increase your fluid intake accordingly and always respond to feelings of thirst.
- If you have been exercising, have a temperature, or are suffering from diarrhoea or vomiting, it is important that you increase your fluid intake.
- Wash the skin in the area where the catheter enters the body with mild soap and water and dry thoroughly every day, if possible twice a day.
 - Men should carefully wash under the foreskin (unless you have been circumcised). Dry the area thoroughly and ensure the foreskin is replaced over the end of the penis.

- Women should always wash the genital area from front to back to prevent contamination from the back passage and dry the area thoroughly.
- Avoid the use of talc, antiseptic, bubble bath, bath salts and creams as these can cause irritation.
- Attach the night bag to the leg bag or valve every night; this will prevent having to empty the leg bag overnight. Remember to open the valve from your leg bag or catheter valve, whichever is connected to the night bag.
- Do not remove your leg bag when you have a bath or shower as each time you disconnect the bag you increase the risk of infection.
- Do not apply tape to keep the bag attached to the catheter. If you are experiencing leakage, you may need to change the bag you are using to a different type with a different connection. Your Health Care Professional can advise you on this.

If you are concerned that you have an infection, discuss this with your Health Care Professional.

What should my urine look like?

Urine should be a light yellow/straw colour. If it is orange/dark brown, you may not be drinking sufficient fluid.

- Some medication and foods may cause discolouration of urine.
- If you have had recent surgery or investigations it is normal to experience a small amount of blood.
- If you are concerned call your urology nurse or call the Community Nurses for advice and reassurance.

Will I have any pain?

The catheter may feel uncomfortable at first. You could experience spasms (sudden contractions of your bladder muscles) which can be painful and make you feel like you need to pass urine, these can cause some urine to leak around the catheter.

If you have spasms:

- try repositioning the catheter so that it is not pulling on your bladder.
- try to relax and do not strain or try to push or pull the catheter out.
- drink as advised on page 10 and avoid bladder irritants: caffeine (including coffee, tea, and green tea), citrus fruits and juice, artificial sweetener and fizzy drinks.

If this feeling lasts take painkillers to ease the pain. If the pain persists, contact your Health Care Professional for further advice. You may find it uncomfortable when the catheter is removed but it should not be painful.

Can I work and exercise as normal?

You can return to work, exercise, or go on holiday as soon as you feel able to, and your doctor has said you are fit enough to do so.

What about sex?

For women – you can leave the catheter in place or pull it forward and tape it on to your stomach. You can use lubricating jelly if you need to – it will not damage the catheter.

For men – you can leave the catheter in place, but once you have an erection, fold it under your penis and apply a condom over your penis and the catheter. You can use lubricating jelly if you need to - it will not damage the catheter.

Always wash around your catheter with mild soap and water after having sex.

What self-help measures can I take if my catheter is not draining or is leaking?

Sometimes the catheter can leak around the entry site or urine does not flow into the bag. If this happens:

- Check the drainage bag is connected.
- Keep drainage bag below bladder to allow urine to drain.
- Make sure the tubing is not stretched or pulled tight, twisted or restricted, for example by tight clothing.
- Change your position and walk around if possible.
- Check the straps that secure the leg bag are positioned behind the leg bag tube .
- Make sure the valve or leg bag tap is open when connected to the night bag.
- Empty your urine bag when it is two-thirds full as urine will not drain if the bag is full.
- Eat a healthy and balanced diet to avoid constipation as this can prevent your catheter from draining.
- Unless you have been advised otherwise, drink 6 to 8 glasses/mugs a day (equivalent to 1.5 - 2 litres / 2.5 - 3.5 pints in 24 hours).

What further actions can I take if my catheter still appears blocked and is not draining?

- Empty the drainage bag so you can see if it begins to drain.
- Lift the drainage bag above the level of the bladder then lower it again, this can release any suction of the catheter to the bladder wall.
- Do a catheter washout (only if you have received instructions on how to carry this out).

If the above does not resolve the issue, please contact your lead Health Care Professional – **see contact details on page 18.**

When to call your Health Care Professional?

- You experience acute lower abdominal or tummy pain or burning sensation.
- Urine is not draining and you have followed the self-help measures within this information leaflet.
- Your catheter falls out.
- It is normal to have blood in urine following surgery catheter insertion. However, if it is heavy please report to the Health Care Professional.
- If your urine is bloody, cloudy or offensive smelling as this might be a sign of infection.
- Urine is leaking around the catheter, enough to make your clothing wet.
- Fever (feeling hot and cold) or feeling unwell with flu like symptoms.
It is a good idea to have a thermometer at home so you can check your temperature.
- Burning during urination or an increase in the frequency of urination after the catheter is removed.
- **If you have two or more of the above symptoms please call a Health Professional to rule out Sepsis (acute infection).**

Contact numbers

For patients under the care of a Community Nurse District Nurse team:

East Waverley: 0300 303 4739

Cranleigh Medical Centre	The Mill Medical Centre
Binscombe Medical Centre	Springfields
Wonersh	

Haslemere Area: 0300 303 4738

Milford and Witley	Haslemere
Chiddingfold	Grayshott

Guildford Area: 0300 303 9513

Austen Road Surgery	New Inn
Dapdune Surgery	St. Luke's Surgery
East Horsley Medical Centre	St. Nicolas Surgery
Fairlands Medical Centre	Shere Surgery
Guildowns: The Oaks, Stoughton Rd, Wodeland	The Villages Medical Centre
Merrow Park Surgery	Woodbridge Hill Surgery

Other useful contacts

Specialist Continence Nurses	01483 782025
Out of Hours Community Nurse team	0777 177 2180
Royal Surrey County Hospital Urology department	01483 464871 (Tuesday to Friday)
Royal Surrey County Hospital Urology Ward/Compton Ward	01483 571122 , Extension: 4941 (use this number if you have recently been an inpatient)
NHS Direct 24 hour advice & health information	111

Reference sources and further information

- www.bladderandbowel.org/
- www.his.org.uk/files/3113/8693/4808/epic3_National_Evidence-Based_Guidelines_for_Preventing_HCAI_in_NHSE.pdf
- www.nhs.uk/Conditions/Urinary-catheterization/Pages/Risks
- www.patient.co.uk/doctor/catheterising-bladders
- www.nice.org.uk/guidance/cg139/chapter/1-Guidance#long-term-urinary-catheters

Contact details

Please see page 18.

PALS and Advocacy contact details

Contact details of independent advocacy services can be provided by our Patient Advice and Liaison Service (PALS) who are located on the right hand side as you enter the main reception area. PALS are also your first point of contact for health related issues, questions or concerns surrounding RSCH patient services.

Telephone: 01483 402757

Email: rsc-tr.pals@nhs.net

Opening hours: 9.00am–3.00pm, Monday to Friday

If you would like information documents in large print, on tape or in another language or form please contact PALS.

Past review date: N/A

Future review date: December 2020

Author: Catheter Project Group (RSCH, Guilford and Wavervley CCG)

PIN171201-1404a

