Do you have any new symptoms? Call Info-Santé 811 or contact your nurse who will advise you. Please call the on duty number:

- You notice the presence of blood in your urine.
- Your urine has an unusually foul odour.
- Your urine is cloudy (as if a drop of milk had been added).
- You have pain in your lower back.
- You have a fever.
- You notice a greenish discharge from your urinary meatus.
- Urine leaks through your urinary meatus in spite of your catheter.
- Your catheter is blocked.

The CSSS-IUGS encourages people to manage their health and to act responsibly to maintain it.

www.csss-iugs.ca

Info-Santé
811
Urinary Catheters - Ensuring Hygiene and Maintenance at Home

Are you wearing a urinary catheter?

It is important that you carefully follow the advice below for your hygiene and to prevent the risk of developing a urinary tract infection.

Do you have any questions or concerns?

Then do not hesitate to call Info-Santé (811) or contact your nurse who will advise you. Please call the on duty number. Nurses are available 24/7 to give you advice on catheter care and maintenance.

Every piece of equipment is replaced by the attendant at the CLSC when the urinary catheter is changed.

Advice

- **Always wash your hands with soap and water** immediately before and after manipulating the catheter or its accessories.
- **Daily hygiene** of the urinary meatus and of the entire length of the urinary catheter up to its extremity must be completed with soap and water.
- The catheter must be properly secured once inserted to prevent movement in the urethra and traction along the bladder.
- It is recommended to alternate the fixation site along the thigh (left or right) every week or whenever necessary in order to lower the risk of irritation of the skin and of the urinary meatus.
- Catheter and bag connections must be disinfected with an alcohol swab when replacing the bag or equipment. Allow the alcohol to evaporate for 15 seconds before fastening a new bag. Avoid touching the tips of the catheter after disinfecting them.
- The drainage bag must be emptied when it contains between 200 and 300 ml of urine (about 1 cup) or more often if necessary.
- Make sure that the drainage bag is below the bladder level to avoid urine reflux into the bladder.
- Make sure that the drainage bag does not touch the floor.
- Replace the drainage bag according to the instructions left by your nurse at least once every ____________.

It is important to drink...

- **6 to 8 glasses of liquids daily** (1,500 to 2,000 ml), or, depending on your prescription
- One glass of cranberry juice daily to prevent urinary tract infections
- If daily restriction: _____ ml per day

Advice

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