

Caring for Your Urinary Bag at Home – 1 Bag System

You have a urinary catheter attached to a urinary bag (drainage bag).

Types of urinary bags

- **Urinary Leg Bags** are urinary bags that hold 500ml to 1000ml of urine. The bag is worn on your leg using straps to hold in place.
- **Urinary Overnight Bags** are urinary bags that hold 1500 ml to 2000ml of urine. There is a hook on the bag to hang it from a chair or bed. If not using the hook, place the bag in a clean container (such as a pail) to keep it off the floor.

No matter which type you have, your urinary bag should have an 'anti-reflux' valve. This valve stops the urine from flowing back into the bladder when lying down.

When to change the urinary bag

It is important to keep the catheter connected to the urinary bag at all times. The only time they would be disconnected is when changing the bag.

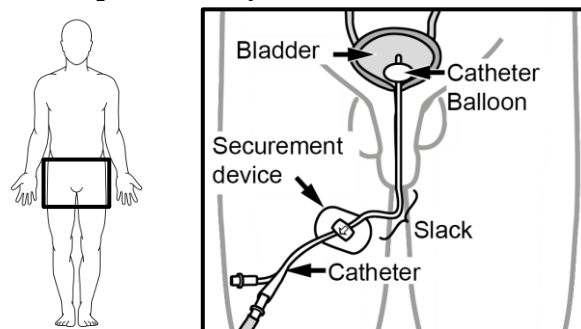
The urinary bag should only be changed when:

- The urinary catheter is changed.
- The bag smells.
- The bag gets discoloured.
- The bag leaks.

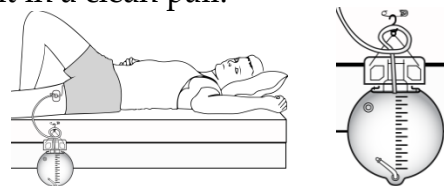
Care at home

Any pulling on the catheter can damage your urethra and bladder. Never pull or tug on the catheter.

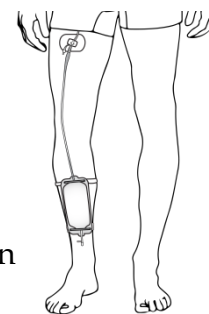
Always secure the tubing to your thigh. Leave enough slack between the tape (or securement device) and your bladder so the catheter doesn't pull when you move.



Always hang the bag from the chair or bed, or place it in a clean pail.



If using a leg bag, always strap it onto your leg. Never let it hang freely. Tighten the straps just enough to keep the bag from sliding down your leg.



Check the catheter and tubing often for any kinks. Kinks in the tubing stop your bladder from emptying.

Empty the urinary bag into the toilet or a clean container when it is 1/3 to 1/2 full. Never let the drain spout at the bottom of the bag touch the toilet or floor.

Caring for Your Urinary Bag at Home – 1 Bag System- *continued*

A nurse will show you how to change the urinary bag.

Changing the urinary bag

Only change the bag if the bag smells, it is discoloured, or it leaks. Your home care nurse changes the bag each time your urinary catheter is changed.

1. Prepare your work area by cleaning the sink, counter, and sink taps.
2. Wash your hands with soap and water.
3. Get your supplies ready and place on your clean work area:
 - 1 alcohol swab
 - new urinary bag
 - clean towel
4. **For leg bags only:**
 - Clean a pair of scissors with the alcohol swab for 30 seconds and let dry for 30 seconds.
 - Cut the leg bag tubing to a length that allows your knee to bend comfortably when the leg bag is attached to the catheter tube.
5. Empty the urine from the urinary bag into the toilet or a clean container.
6. Wash your hands with soap and water.
7. Place the clean towel under the area where your catheter tube and urinary bag tubing connect to each other.
8. Pinch the catheter tube closed near the connection between the bag and catheter.
9. Disconnect the urinary bag tubing from the catheter tube.
10. Clean the end of the catheter tube with an alcohol swab for 30 seconds. Let it dry for 30 seconds.
11. Without touching the open end of the catheter tube, take the protective cover off the new urinary bag.
12. Push the end of the urinary bag tubing into the catheter end as far as you can.
13. Check to see if urine is coming into the new urinary bag.
14. Throw the old urinary bag into the garbage.
15. If you drained urine into a clean container, empty the container. Rinse container with warm water.
16. Wash your hands with soap and water.

HealthLinkBC

www.healthlinkbc.ca
8-1-1 or 7-1-1 (TTY)

Call any time you have any health questions or concerns. HealthLinkBC is open 24 hours.

Available in 130 languages. For an interpreter, say your language in English. Wait until an interpreter comes on the phone.

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This information does not replace the advice given to you by your healthcare provider.