

Caring for Your Urinary Bag at Home – 2 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.

Ideally, the urinary bag should only be changed when:

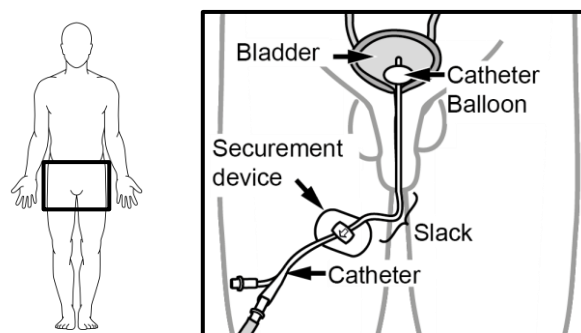
- The urinary catheter is changed.
- The bag smells.
- The bag gets discoloured.
- The bag leaks.

However, if you want to use a smaller urinary bag during the day (leg bag) and a larger one at night (night bag), then follow the steps for changing from leg bag to night bag (page 2).

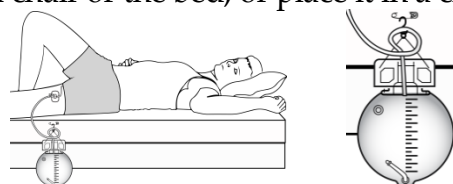
Care at home

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.

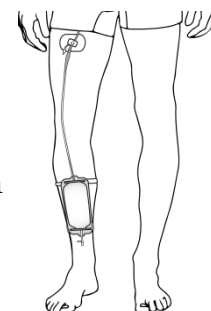


When using the larger night bag, always hang it from a chair or the bed, or place it in a clean pail.



When using the leg bag, always secure the bag to your leg. Never let the bag hang freely.

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 $\frac{1}{3}$ to $\frac{1}{2}$ full. Never let the drain spout at the bottom of the bag touch the toilet or floor.

Caring for Your Urinary Bag at Home – 2 Bag System- *continued*

A nurse will show you how to change the urinary bag as well as how to clean the used bags.

At bed time -

Changing from a Leg Bag to a Night Bag

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:
 - 2 alcohol swabs
 - night bag
 - clean towel
4. Empty the urine from the urinary bag into the toilet or a clean container. Make sure the drain spout does not touch anything.
5. Wash your hands with soap and water.
6. Place the clean towel under the area where your catheter tube and urinary bag tubing connect to each other.
7. Remove the protective cap from the end of the night bag tubing. Save the cap for cleaning and to use later.
8. Pinch the catheter tubing closed near the connection on the leg bag.
9. Disconnect the leg bag tubing from the catheter tube.
10. Clean the end of the catheter tube with 1 alcohol swab for 30 seconds. Let it dry for 30 seconds.
11. Use a new alcohol swab to clean the connection of the night bag.

12. Without touching the open ends of the catheter and night bag tubing, push the end of the night 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. If you drained urine into a clean container, empty the container. Rinse container with warm water.
15. Wash your hands with soap and water.
16. Clean the used leg bag.
17. Use the hook on the night bag to secure the bag to the side of your bed. If you cannot secure the bag to the bed, place the bag in a clean plastic pail on the floor. This keeps the bag from touching the floor.

In the morning -

Changing from a Night Bag to a Leg Bag

1. Repeat the steps used to change from a leg bag to a night bag.
2. **If attaching a new leg bag:**
 - Clean a pair of scissors with an 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.
3. Tighten the straps just enough to keep the bag from sliding down your leg. If it is too tight, it will cut off blood flow to your foot.

Caring for Your Urinary Bag at Home – 2 Bag System- *continued*

To clean the used urinary bag

1. Wash your hands with soap and water.
2. Get your supplies ready:
 - 2 alcohol swabs
 - vinegar
 - funnel or 60mL syringe
 - clean measuring cup to mix vinegar and water
 - clean towel
3. Empty the used urinary bag, if not already emptied and wash your hands again.
4. Mix up vinegar solution of 80mL ($\frac{1}{3}$ cup) vinegar with 250mL (1 cup) of water.
5. Turn on water tap. Rinse the bag by holding the tubing under tap and running water into bag.
6. Drain the water from the urinary bag into toilet.
7. Close the drain spout on the urinary bag.
8. Using a funnel or syringe in the end of the tubing, pour the vinegar solution into bag.
9. Clamp the tubing closed.
10. Swish solution in bag then lay the bag flat. Let it soak for at least 20 minutes.
11. Unclamp the tubing and drain cleaning solution from urinary drainage bag and tubing.
12. Hang the cleaned urinary bag in the shower or tub. Make sure the end of the tubing does not touching anything.
13. Clean the protective cap inside and out for 30 seconds with 1 alcohol swap. Let it dry for 30 seconds.
14. Using a new alcohol swab, clean the end of the urinary bag tubing for 30 seconds. Let it dry for 30 seconds.
15. Put the clean protective cap on the end of the tubing.
16. Wash and rinse the funnel (or syringe). Set aside to dry on a clean towel.

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.

Images © Fraser Health and Vancouver Coastal Health (used with permission)

www.fraserhealth.ca

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