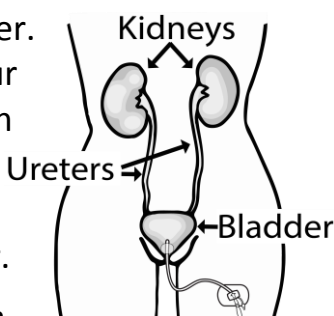


## Urinary Catheter – Using a Combined Day-Night Bag

You have a urinary catheter. This drains urine from your bladder into a bag through tubing. A small balloon on one end of the tube holds it inside the bladder.

Your urine is collected in a bag large enough to use day and night.



### Daily care of your catheter

Always wash your hands with soap and water **before and after** touching the catheter, bag, or urine.

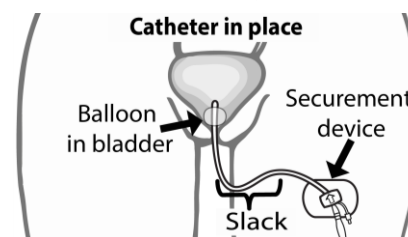
Wash the area where the catheter enters your body and between your legs with soap and water **every morning and night, and after** every bowel movement. Always wash from front to back. Rinse well. Towel dry.

Any pulling on the catheter can damage your urinary tract.

- Always secure the tubing to your thigh.

### Go to the nearest Emergency Department if:

- You have chills or a fever over 38.0°C (100.4°F).
- There is very little or no urine in the drainage bag for 4 or more hours and you feel like your bladder is full.
- Your urine has blood or large clots and this is new for you.
- You have new pain in your bladder area or in your back below your ribs.
- The area where the catheter enters your body is red, swollen, or tender.
- You are an older adult and feel confused or have changes in the way you think and this is new for you. (This could be the sign of an infection.)
- You live with a spinal cord injury and notice:
  - more muscle spasms than usual
  - headache
  - feeling sick to your stomach
  - feeling very tired even after sleeping
  - a general feeling of unease



- Leave enough slack between the tape (or securement device) and your bladder so the catheter doesn't pull when you move.
- **Do not** pull or tug on the catheter.
- Always secure the bag to your leg or bed. Never let the bag hang freely.

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

When you empty the bag, never let the drain spout touch the toilet or floor.

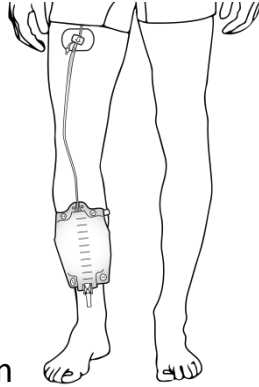
Always keep the bag:

- Below the level of your bladder
- Off the floor

## Using your combined day-night bag

### During the day

Use the leg straps to attach the bag to your leg. Tighten the straps just enough to keep the bag from sliding down your leg. Too tight and it will cut off blood flow to your foot.

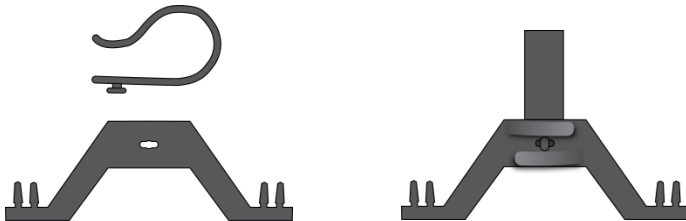


To keep the extra tubing from flopping around, coil it loosely on your leg above the bag.

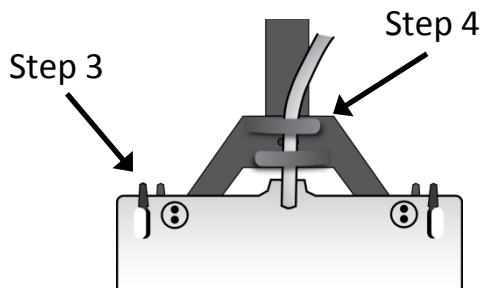
Empty the bag every 3 to 4 hours or when it is  $\frac{1}{4}$  full. Even though the bag can hold up to 1500mL of urine, it will get heavy as it fills.

### During the night

1. Empty the bag.
2. Put the bedside hanger together (when using for the first time).



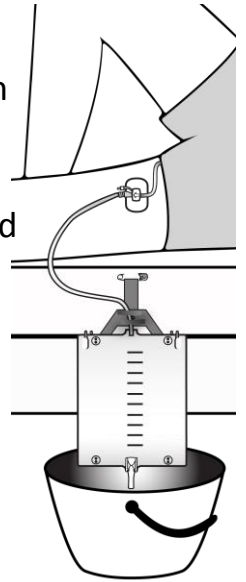
3. Insert the bedside hanger into the slits at the top of the bag.
4. Insert the tubing under the tabs on the hanger.



5. Pin a large safety pin to the bed sheet so you can attach the bedside hanger.



6. Place a clean plastic pail on the floor under the night bag. This keeps the bag from touching the floor and collects urine should the bag leak.



### Always replace your drainage bag when:

- The bag smells.
- The bag is discoloured or leaks.
- Your catheter is changed.

Buy replacement bags and supplies from a Medical Supply Store or at your local Pharmacy. Your nurse will give you a list of what you will need.

### To learn more, it's good to ask:

- Your family doctor
- Your specialist (urologist)
- HealthLinkBC - call 8-1-1 (7-1-1 for deaf and hard of hearing) or go online at [www.HealthLinkBC.ca](http://www.HealthLinkBC.ca)

Adapted from Emergency Services: Urinary Catheter Care (Oct 2012), Fraser Health