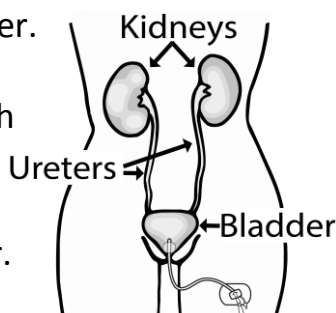


Care at Home

Urinary Catheter - Using a Separate Leg Bag + Night Bag

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



During the day, urine is collected in a small leg bag. At bedtime, you must change to a night bag that holds more urine and hangs on the side of your bed.

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 flowing 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

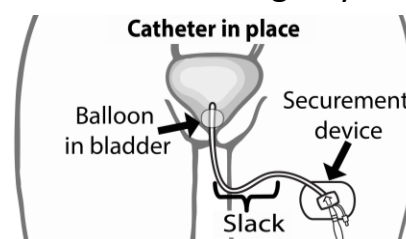
Daily care of your catheter at home

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.



- 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.

Empty the bag into the toilet when it is 1/3 to 1/2 full. Never let the drain-spout touch the toilet or floor.

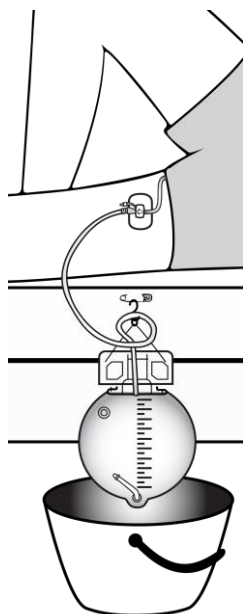
Always keep the bag:

- Below the level of your bladder
- Off the floor

To change from a Leg Bag to Night Bag

1. Collect your supplies: night bag, tape or securement device, alcohol swabs, and towel.
2. Wash your hands.
3. Empty the bag.
4. Wash your hands again.
5. Remove the protective cap on the night bag tubing.
6. Pinch the catheter closed between your fingers.
7. Disconnect the leg bag.
8. Using an alcohol swab, clean the open catheter end and the night bag tubing end.
9. Without touching the open ends of the catheter or night bag tubing, push the bag tubing firmly into the catheter.
10. Secure the tubing to your thigh closest to the side of the bed. Remember to leave enough slack.

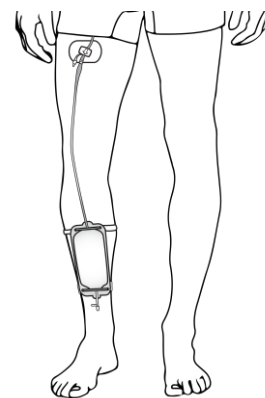
11. Wash your hands.
12. Clean the used bag.
13. Place a clean plastic pail on the floor under the night bag. This keeps the bag from touching the floor and collects urine should the bag leak.



To change from a Night Bag to a Leg Bag

Repeat the steps used to change from a leg bag to a night bag.

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 clean the used bag

1. Mix ½ cup (150 mL) of white vinegar for every 1½ cups (450 mL) of water.
2. Pour the vinegar solution through the tubing into the bag and gently shake for 30 seconds.
3. Drain the solution out of the bag.
4. Lay the bag on a clean towel to air dry.
5. Wipe the connection with an alcohol swab.
6. Cover the end with a clean protective cap.

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.

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

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