

Patient Information

Patient Urinary Catheter Passport

Looking After Your Catheter

This is a patient held record

**PLEASE TAKE THIS BOOKLET WITH YOU TO ALL
HEALTHCARE APPOINTMENTS AND ON
ADMISSION TO HOSPITAL**

Patient details

Patient	Name	
	Address	
	Postcode	
Community nurses	Name	Community Nursing Team:
	Address	
	Postcode	
	Tel No	In hours, Monday to Friday Telephone: Out of hours, Evenings, Weekends and Bank Holidays Telephone:
GP	Name	
	Address	
	Tel No	
Clinic / Hospital	Name	
	Address	
	Tel No	

**If found please return to the local
Community Nursing Team above**

Welcome to your Integrated Health Catheter Passport

We provide NHS adult community and acute health services to local people in Devon and our aim is to put your safety and care at the heart of what we do by providing quality healthcare services which meet your individual needs. Your passport has been designed to support you in looking after your urinary catheter. Having a urinary catheter is an important part of managing your health and can improve your quality of life. However, catheters can also significantly increase the risk of urinary tract infections. Whilst these infections are usually mild, they can on occasion be serious and impact on your general health and well being. If you have an appointment at your GP surgery or hospital, you should take this booklet with you. The second half of this booklet will be completed by healthcare staff to ensure your continuity of care. Your safety and care is at the heart of what we do and your experience matters. If you have any questions or concerns about your care, please contact your local nurse or your GP.

What is a urinary catheter?

A catheter is a flexible hollow tube used to drain urine from the bladder. The catheter is inserted into the urethra (the opening of which is situated at the tip of the penis or just above the vagina) or through a hole made in the abdomen (suprapubic catheter). The catheter is then guided into the bladder, allowing urine to flow through it and into a drainage bag which will be attached to your leg. Some people may have a valve at the end of the catheter instead of a drainage bag.

What should I do if I have pain and discomfort?

Lower abdominal or tummy pain can be experienced when a catheter is first inserted. If this continues, contact your nurse for advice.

When will my catheter need changing?

Your nurse will advise you on how often your catheter needs changing and also how to obtain further supplies of catheter equipment. It is important to always keep spare equipment in your home.

Your doctor and nurse will regularly reassess whether your catheter could be removed, so it's not left in any longer than needed.

How do I look after my catheter on a daily basis?

- Empty the leg bag when it is two thirds full of urine.
- If you have a valve attached to your catheter instead of a leg bag, you should open the valve and empty your bladder:
 - when you feel that it is full
 - before going to bed
 - first thing in the morning
 - during the night if necessary
 - at least every 3–4 hours during the day
 - before opening your bowels
- Replace the leg bag or valve once a week.

- To help prevent infection, only disconnect the leg bag or valve weekly when it needs to be replaced with a new one.
- Attach a night bag to the leg bag or valve every night, to prevent having to empty the bag overnight. Remember to open the valve from your leg bag or catheter valve, which is connected to the night bag.
- Close the leg bag or catheter valve and remove the night bag every morning and dispose of it (see page 8).
- Ensure that the night drainage bag is attached to a suitable stand (please check with your nurse if you don't have one)
- If you have a suprapubic catheter and there is a small leakage around the insertion site, you will have a dressing for the first few days until the leakage has stopped. The area can be washed as described below when the dressing has been removed.

How can I reduce the risk of getting an infection?

- Wash your hands well with soap and water before and after handling your catheter, emptying or changing the bag.
- Wash the skin in the area where the catheter enters the body with mild soap and water at least once a day.
- Men should carefully wash under the foreskin (unless you have been circumcised). Dry the area thoroughly and ensure the foreskin is replaced over the end of the penis.
- Women should always wash the genital area from front to back to prevent contamination from the back passage. Dry the area thoroughly.



- Avoid the use of talc, antiseptic, bubble bath or bath salts and creams. These can cause irritation.
- Avoid pulling or restricting your catheter by wearing loose comfortable clothing. Tight clothing can cut off the flow of urine and may cause skin irritations.
- Do not remove your leg bag when you have a bath or shower.
- Keep the bag below hip level to aid drainage and try not to let any part of the drainage tap touch the floor.

How will I know if I have a urinary tract infection?

Having a urinary catheter significantly increases your chances of getting a urinary tract infection (UTI) which is why it is so important to care for it following the guidelines in this passport. However, it is normal for people with catheters to have bacteria in their urine but you will not necessarily have symptoms of a UTI. Having bacteria does not necessarily mean you have an infection and you may not need treatment with antibiotics.

Signs and symptoms associated with a UTI:

- Feeling unwell
- Fever with or without uncontrollable shaking
- New pain at lower tummy or back
- Becoming agitated or newly confused
- Pain around the area where the catheter has been put in and/or pus like discharge in the urine
- Unusual tiredness

How will my UTI be treated?

- Your GP or nurse will arrange for a urine sample to be taken from your catheter for microbiology testing
- You may be started on an antibiotic
- Your catheter should be changed
- You should make sure you are drinking plenty of fluids

Proper use of antibiotics

- You should make sure you follow the instructions given with the antibiotic and finish the course. Using antibiotics only when we need to helps reduce the chances of bugs causing the infection becoming resistant to them.
- This helps protect our antibiotics so we can rely on them to work when really needed.

What should my urine look like?

- Urine should be a light yellow colour. If it is orange/dark brown, you may not be drinking enough fluid.



😊	1	1 to 3 You are drinking enough!
	2	
	3	
😐	4	4 to 5 You're getting dry, take time to drink more and hydrate.
	5	
😞	6	6 to 8 You must hydrate! Make every effort to drink more as dark urine is a sign of dehydration.
	7	
	8	

Its important to note that some medications, vitamin supplements and food can alter the colour of your urine.

- You should drink approximately 1.5 to 2 litres / 2.5 to 3.5 pints which is 8 cups or 5 mugs of fluid in 24 hours.
- Avoid caffeine as this may irritate your bladder. There is caffeine in tea, coffee, cola and drinking chocolate.
Try decaffeinated drinks.
- Some medication and foods may cause discolouration of urine. Your nurse will be happy to discuss this with you.
- If your urine is cloudy or smells offensive and doesn't improve after drinking more, contact your nurse.
- If your urine is bloodstained or has specks of blood in it, contact your nurse.
- If you are passing bright red blood you should contact your doctor or call 111.
- Some patients with urinary catheters have frequent blockages and therefore may find benefit from consuming citric based drinks such as lemon and orange or cranberry. For further information discuss with your nurse.

What should I do if my catheter is not draining or is leaking?

- Check the drainage bag is below the level of the bladder, particularly when sitting in a low chair.
- Make sure that the tubing is not twisted or restricted by tight clothing.
- Make sure that the tubing is not pulled tight or stretched as this may restrict urine flow.

- Check that the drainage bag is connected correctly. Make sure that the straps, which secure the leg bag to your leg, are positioned behind the leg bag tube.
- Urine will not drain if the bag is full. Empty the bag when it is two thirds full.
- Constipation can prevent your catheter from draining. Ask your nurse about eating a healthy diet to avoid constipation.
- Change your position and walk around if possible.
- Make sure that you are drinking enough fluid (1.5 to 2 litres / 2.5 to 3.5 pints which is 8 cups or 5 mugs in 24 hours).
- If you experience any urine leakage, please contact your nurse.
- Check that your catheter is draining well at regular intervals throughout the day.
- Make sure the valve or leg bag tap is open when connected to the night bag.

Don't forget to take a spare catheter, bags and supplies with you when you go on holiday!

How do I dispose of used catheter bags?

- Empty the contents into the toilet.
- Double wrap the bag (either in newspaper or a plastic bag).
- Place into your household waste bin or yellow clinical waste bag.

What about sex?

Sexual intercourse is possible even if you have a urinary catheter, please discuss with your nurse who will help advise on the best approach for you.

Benefits

A urinary catheter can assist following surgery or support the rehabilitation process to enhance recovery. It may also be used to help improve the skin condition by diverting urine away from any broken skin. If you have a catheter in place you should understand the reason for it and ask that it be reviewed at every catheter change.

Risks

A urinary catheter can increase your risk of developing a urinary tract infection, so good hand washing is necessary by you and anyone else touching your catheter. Complications can include bladder spasms, leakage, blockage, the formation of stones in the bladder and discomfort.

When should I ask for help?

Your catheter should remain comfortable and pain free. However, you should ask for help if:

- You experience acute lower abdominal or tummy pain.
- Urine is not draining and you have followed the simple self-help measures within this information booklet.
- The catheter falls out and you are unable to pass urine.
- The catheter falls out and you can pass urine, contact your nurse for advice.
- There is blood in your urine.
- Urine is cloudy, smelly or you have a burning sensation, which does not improve after drinking extra fluids.

- Urine is leaking around the catheter, enough to make your clothing wet.
- You experience signs of infection (outlined on page 5).

Please do not hesitate to ask your doctor or nurse if there is anything concerning you about your catheter. You can use the space on the next page to make sure you don't forget anything when you have your next appointment.

Things I want to make a note of and ask when I next see my doctor or nurse.....

Patient Urinary Catheter Passport

Looking After Your Catheter

Clinical Section

Catheterisation Records

To be completed by nursing and medical staff

Catheter management records

All details of urinary catheterisation should be recorded in the sections below as well as the appropriate nursing/medical records.

Completion of the booklet will enhance continuity of care for the patient between both community and hospital settings.

Key individual information

Please record any key individual information

Catheter must be changed in the hospital setting Yes No

Reason _____

Other information _____

Catheterisation details

Alternatives to catheterisation considered Reason for initial catheterisation (select one)	Yes <input type="checkbox"/> No <input type="checkbox"/>		
	Comments:		
	Urine output measurement		Pre or post operatively
	Wound management and skin integrity		End of life comfort
	Acute retention		Other
	Chronic retention		
Other valid reason – specify (<i>not</i> incontinence)			
Date of catheterisation Catheter type, batch number and size	Sticker here		
Any problems experienced during catheterisation			
Has TWOC been attempted?	Yes <input type="checkbox"/> No <input type="checkbox"/> If Yes, how many attempts? _____ Date of next TWOC/planned change _____		

Drainage system used and ordering codes**Leg bags****Night bags****Catheter valves****Securing device****Name and designation
of person completing
this passport**

Details of **positive** microbiology results in urine
– including any antibiotic resistant strains. **It is not necessary to include all specimens sent if colonisation is shown.**

Positive result in the urine	Date	Result	AB treatment if relevant	Comments/resistance

Positive result in the urine	Date	Result	AB treatment if relevant	Comments/resistance

Positive Blood Culture (Catheter/ UTI related) results				

Catheterisation details and future plan

Date				
Procedure explained and consent obtained (adults lacking capacity refer to Trust policy)				
Type of catheter				
Size	Sticker Here			
Batch number				
Expiry date				
Reason for catheter change (select one)	Planned change	Catheter expelled	Catheter pulled out	Failed TWOC
	Catheter blockage	Catheter bypassing	Change due to symptomatic CAUTI	Other (specify)
Indication for recatheterisation	Urine output measurement		Pre or post operatively	
	Wound management and skin integrity		End of life comfort	
	Acute retention		Other (specify):	
	Chronic retention			

Alternatives to catheterisation considered	Yes <input type="checkbox"/> No <input type="checkbox"/> Comments:
Balloon inflation (standard 10ml unless specialist advised)	
Drainage option:	Catheter valve <input type="checkbox"/> Leg bag <input type="checkbox"/> Night bag <input type="checkbox"/>
Problems encountered (detail)	
Date of next TWOC/ planned change	
Change to be carried out in:	Hospital <input type="checkbox"/> Clinic <input type="checkbox"/> Patient's Home <input type="checkbox"/> GP Surgery <input type="checkbox"/>
Advice given to patient/ carer:	
Print name/ Signature	

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Useful contact details:

RD&E Trust Headquarters
Royal Devon & Exeter NHS Foundation Trust
Barrack Road
Wonford
Exeter
EX2 5DW

Tel No: 01392 411611

Return to GP/Community nurse/Medical records if no longer required/catheter removed

Return address:

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What to expect from the care you receive to help Catheter Acquired Urinary Tract Infection (CAUTI)

- The continuing need for your catheter should be assessed at every visit or nurses shift.
- You or anyone else should wash your hands before and after handling your catheter.
- An aseptic procedure must be used for each new catheter you have inserted.
- At least once every day, you should be encouraged (or receive help) to clean the catheter where it enters your body and also the perineum (the small strip of skin before the anus); or after opening your bowels.
- The catheter and the drainage system should not be broken unless necessary.
- To prevent your catheter from pulling inside your bladder it should be secured to the thigh. If you have a supra pubic catheter it may be secured to the abdomen instead.
- Men must NEVER have a female length catheter inserted.
- Your drainage bag must be below the level of the bladder (during transport and activity).

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This information can be offered in other formats on request, including a language other than English and Braille.

RD&E main switchboard: 01392 411611

For RD&E services log on to: www.rdehospital.nhs.uk

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