

## DO YOU HAVE NEW SYMPTOMS?

DIAL INFO-SANTÉ 811 OR YOUR CONTACT PERSON.

- You notice blood in your urine.
- Your urine has an unusually foul odour.
- Your urine is cloudy (as if a drop of milk had been added to it).
- You have pain in your lower abdomen and/or lower back.
- You have a fever.
- You notice an abnormal discharge from the urinary meatus.
- There is discharge from the urinary meatus despite your urinary catheter.
- Your catheter is blocked.
- Other symptoms worry you.

The CIUSSS de l'Estrie — CHUS encourages users to take charge of their health and to assume responsibility for it.

**It is very important to comply thoroughly with the guidelines in this folder to ensure your hygiene and to prevent urinary tract infections.**

## Notes

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de Sherbrooke

Québec 

## GUIDELINES

Ensuring the hygiene and home maintenance of a urinary catheter



Québec 

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## DO YOU HAVE A URINARY CATHETER?

It is very important to comply thoroughly with the guidelines in this folder to ensure your hygiene and to prevent urinary tract infections.

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## DO YOU HAVE ANY QUESTIONS?

Do not hesitate to dial 811 for Info-Santé. Nurses are available 24/7 to advise you on catheter care and maintenance.

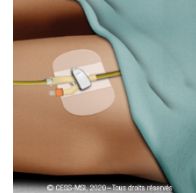
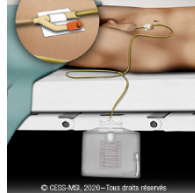
All the equipment is replaced when the urinary catheter is changed by the CLSC staff member.

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## GUIDELINES

- **It is essential that you wash your hands with soap and water** immediately before and after handling the catheter or related equipment.
- **Showering** is highly recommended.
- **Daily hygiene care** must be administered with soap and water. Start by cleaning the urinary meatus and descend along the catheter up to 10 cm (4 inches). Never clean from the catheter towards the meatus.
- **Make sure the system does not obstruct urine flow.** E.g., kinked or compressed catheter.

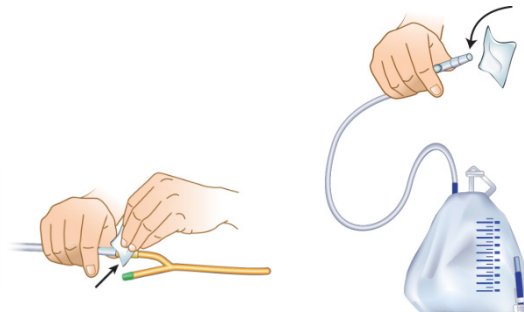
- **The inserted catheter must be firmly attached** to the abdomen, iliac fossa (men) or thigh. The goal is to prevent any movement in the urethra and traction along the bladder. The attachment must be changed every 7 days.



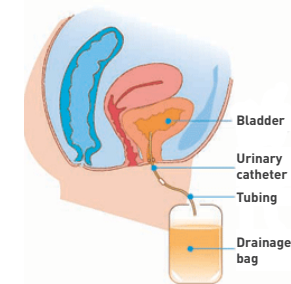
- **Every week or as needed, it is recommended to alternate** the attachment site on the thigh (left and right) to limit the risk of skin and urinary meatus irritation.



- **Avoid handling the system's aperture unnecessarily** (e.g., changing bags).
- **It is not recommended to alternate** between a daytime collection bag and a nighttime collection bag.
- **Catheter and bag ports must be disinfected** with an alcohol swab when changing bags or equipment. Allow the alcohol to evaporate for 15 seconds before connecting a new bag. Avoid touching the ports after disinfecting them.



- **The drainage bag must be emptied** when filled between  $\frac{1}{2}$  and  $\frac{3}{4}$  of its urine capacity or more often when necessary. An overfilled bag can create tension on the catheter and increase the risk of infection.
- **Make sure the drainage bag is lower than the bladder** to prevent urine from returning to the bladder. The exception is the abdominal bag, which must be installed at waist level (anti-reflux valve).



- Make sure the drainage bag **does not come into contact with the floor.**
- **Change the drainage bag** in the following situations: accidental disconnection of the bag, contamination when handling the bag/material, clogging or presence of odors, or as directed by your healthcare professional.

It is important to drink 6 to 8 glasses of liquid daily (1,500 to 2,000 ml) or as prescribed.