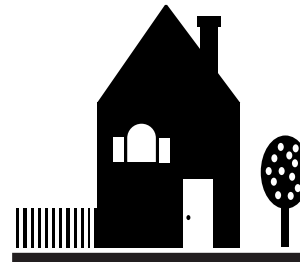


Care of a Urinary Catheter at Home

A urinary catheter is a tube that empties urine from the bladder into a drainage bag. To prevent blockage of the catheter and contamination of the urine, it is important to follow a few guidelines in caring for your catheter at home:



1. Empty your drainage bag often (as soon as it fills). This prevents urine from backing up in your bladder making urine infections and leakage more likely.
2. Empty the bag by loosening the clamp on the end or twisting the knob if is a leg bag device that is in place. Avoid touching the tip of the tube. You can clean it with Betadine solution.
3. Always keep the bag lower than catheter itself.
4. You may reuse your bedside and leg bags, but it is important to clean them carefully. You can rinse the inside of the bag with soapy water and then rinse out with just plain water. Then you can refill the bag with a mix of vinegar and water (one part of vinegar to four parts of water). Let it soak for 30 minutes. Empty the bag and let it dry.
5. Usually it is best to use a leg bag during the day and the bedside bag at night. The leg bag regularly holds up to 500 ml, and the bedside bag holds more than that. It is important to empty the bags frequently.
6. The leg bag is attached to your leg with Velcro or elastic straps. Check your skin for possible skin irritation due to the elastic and verify also that the strap is not too tight and circulation is not affected.

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