

## General Advice

- Avoid kinks in the catheter tube.
- Contact your GP if the catheter falls out, stops draining or you develop a fever.
- You may see some blood in the urine. Small amounts can be normal. If you feel the amount is increasing or are at all concerned about this, contact your GP.
- You will need to speak to a specialised nurse for advice; for example about managing holidays and sexual intercourse. There will be an opportunity for this at the TWOC Clinic.

## Contact Details

If you have any questions please telephone the RUH Emergency Department on

**01225 824000 (day)**  
**01225 825015 (night)**

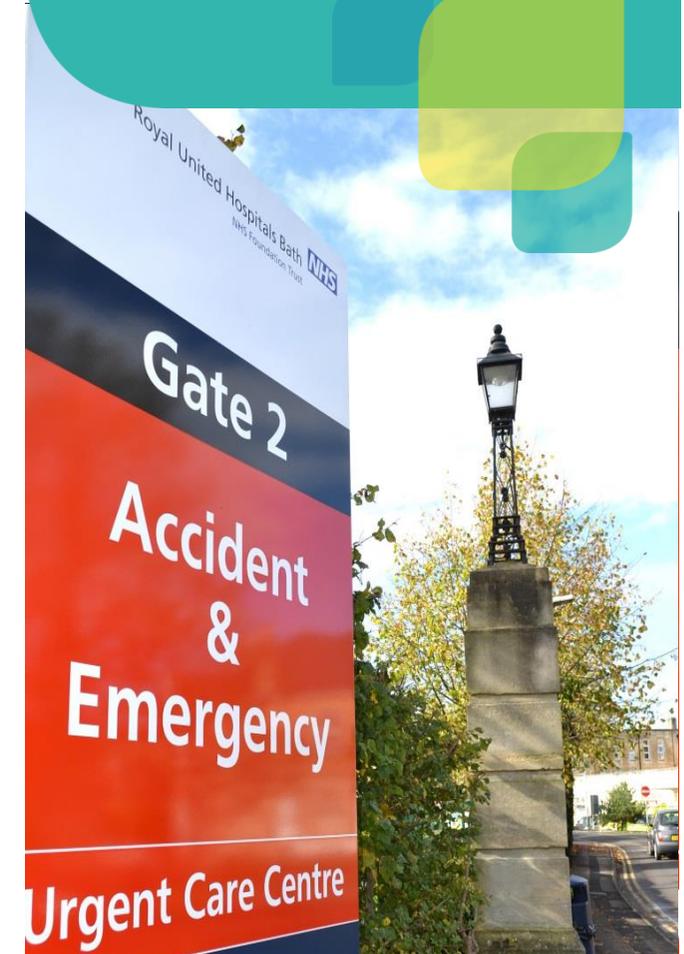
Royal United Hospitals Bath  
NHS Foundation Trust  
Combe Park, Bath BA1 3NG  
01225 428331 [www.ruh.nhs.uk](http://www.ruh.nhs.uk)

Please contact the Patient Advice and Liaison Service (PALS) if you require this leaflet in a different format, or would like to feedback your experience of the hospital.

Email [ruh-tr.PatientAdviceandLiaisonService@nhs.net](mailto:ruh-tr.PatientAdviceandLiaisonService@nhs.net)  
or telephone 01225 825656.

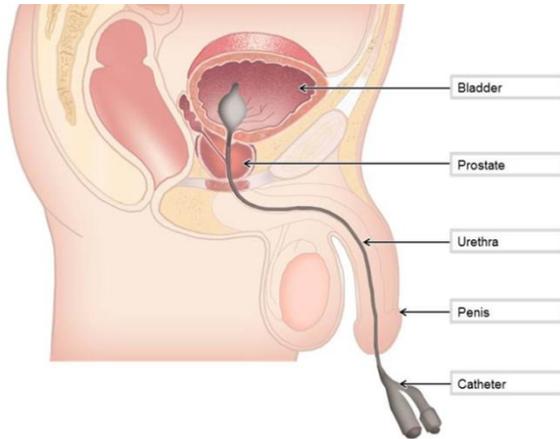
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## Catheter Advice



## Function of a urinary catheter

A catheter is a soft hollow tube that is passed up through the urethra into the bladder.



The balloon on the end is filled with sterile water through the valve on the side and this allows the catheter to remain in place.

The catheter continually drains urine from the bladder either into a bag or down to a flip-flow valve which will periodically need to be opened so that you can drain it (into a toilet bowl).

A flip flow valve will need to be opened to drain the bladder every 2-3 hours.

A night bag gives continuous drainage through the night so that you can sleep through the night without having to get up every 2-3 hours!

## Hygiene

How to look after a catheter to prevent urinary infection:

- Always wash your hands before and after handling the catheter
- Clean your penis around the tube and remove dried secretions with soap and water
- Bathe or shower daily. Empty the valve or bag before washing, but leave it attached

## Flip Flow Valve

Using this valve to empty the bladder every 3-4 hours allows you to have freer movement without an attached bag during the day. It also means that your bladder gets gradually used to the sensation of filling up and needing to empty so that when you attend the TWOC clinic (Trial WithOut Catheter) there is a higher chance of success.

## Night Drainage Bag

Plug the 2-litre overnight bag into the end of the valve and **leave the valve open** but the tap on the bag closed. In the morning, empty the bag into the toilet and detach from the valve. This bag can be re-used for 7 days, then the second bag used for the second week before the clinic appointment. Carefully wash the bag after each night use.

## Fluids and Diet

Drink about 2-litres per day (increase fluid intake if your urine is dark).

Keep bowels moving by eating plenty of fruit and vegetables and continue with any medicines for constipation as needed.