

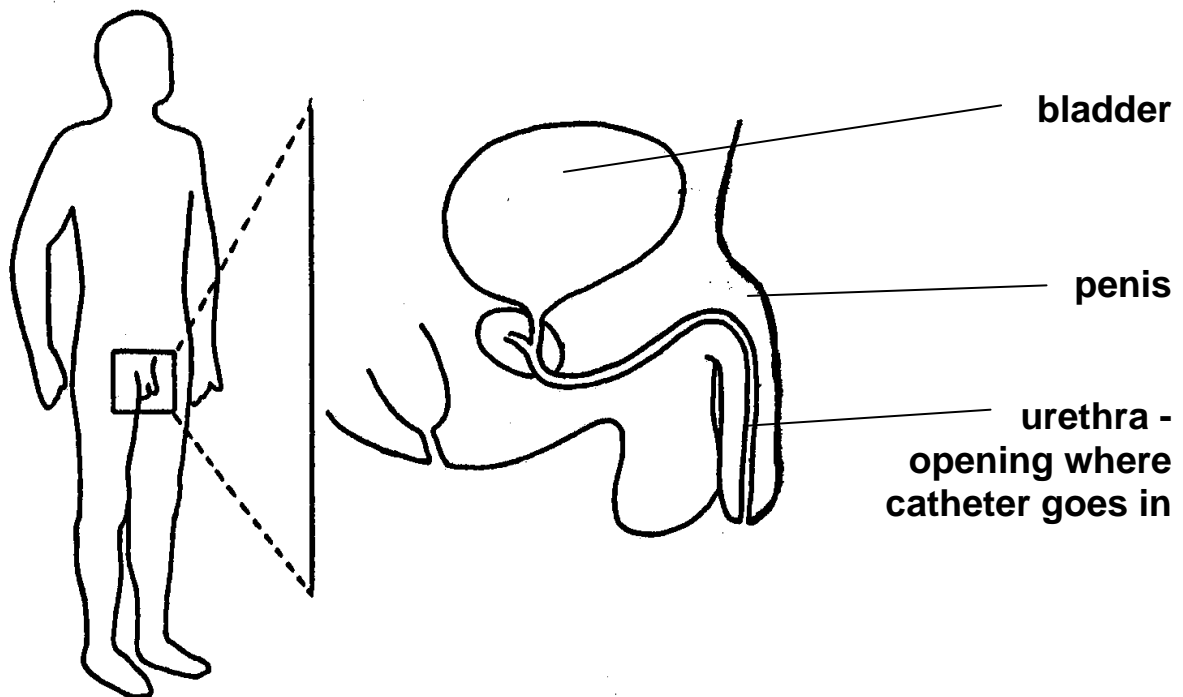
Going Home with a Urinary Catheter ~ for a Man ~

What is a urinary catheter?

A urinary catheter is a small tube that goes through the opening of your penis into your bladder. The catheter keeps your penis open and drains the urine made by your kidneys.

There is a small balloon at the tip of the catheter. This balloon stays in your bladder and holds the catheter in place. The catheter is connected to a plastic drainage bag that collects urine. The drainage bag can be a leg bag or a night bag.

You may go home with a urinary catheter while you wait for surgery or while you wait to heal after surgery.



What does a catheter feel like?

At first, you may feel like you have to urinate. You may also have a burning feeling around your penis.

Sometimes you may feel a sudden pain and have the need to urinate. You may also see urine come out around the catheter.

This is caused by bladder spasms and you cannot control these. Make sure the catheter is not blocked and is taped properly. If the spasms continue, contact your doctor.

Before you go home

Your nurse will show you how to look after your catheter. If you feel comfortable, you may want to have another person in your family or a friend to learn too. Your nurse will show you how to tape the catheter firmly so it does not pull when you walk. If the tape becomes loose, tape it again.

Wearing a drainage bag . . .

Leg bag

During the day, you will wear a leg drainage bag. This small bag fits around your leg with straps. Your nurse will show you how to put it on and empty it. Make sure you do not pull the straps too tight. This will block the blood flow in your leg. You need to have it firm enough to stay up.

When you wear a leg bag, you will connect a piece of tubing to the catheter called extension tubing. This allows the urine to drain as you move around doing your normal activities. The tubing helps maintain urine flow so the urine does not go back into your bladder when you are sitting. Your nurse will help you adjust the tubing to fit.

You only use extension tubing with the leg bag.

Night bag

You will change to a night bag for sleeping. This bag is large enough to collect urine all night while you sleep. It hangs at the side of your bed. Your nurse will show you how to attach the night bag, empty it and tell you when to use it. Your nurse will give you a night bag to take home. **✘ Never sleep wearing a leg bag.**

When your catheter is in, you may notice:

- grey or white tissue in your urine drainage bag
- blood around your penis where the catheter goes in
- your urine has a pink colour from a little blood

These are all normal so do not worry.

How do I care for my catheter, bag and skin?

You can bathe at the sink or take a shower. Shower with your night bag on and then change to your leg bag after.

✗ Do not shower wearing the leg straps as they take a long time to dry. Wearing wet straps may cause skin problems.

Take care when cleaning your penis and the catheter. Wash your hands with soap and water before you start, then:

- Men who are circumcised should wash the penis and around the catheter with soap and water using a circular motion. Remove any crusted drainage or blood. Rinse and pat dry with a clean towel.
- Men who are not circumcised should pull the foreskin back and wash the catheter with soap and water using a circular motion. Remove any crusted drainage or blood. Rinse and pat dry with a clean towel then pull the foreskin forward.

Drainage Bag Care

Wash and rinse the drainage bag once a day:

- Wash your hands with soap and water.
- Wash the bag in the sink or tub using warm water and dish detergent.
- Rinse the bag well using warm running water.
- For control of odour, rinse the bag with a solution made up of ½ water and ½ vinegar.
- Air dry the bag on a clean towel. **✗ Do not dry the inside of the bag.**

To attach a drainage bag:

- Wash your hands with soap and water.
- Wipe the tips of the bag and the catheter with an alcohol wipe.
- Connect the tip of the catheter to the bag.

What can I eat or drink?

You can follow your usual diet. You should drink 6 to 8 glasses of fluids each day unless your doctor tells you not to. Fluids help keep the urine clear. If your urine is cloudy or strong smelling, drink more fluids.

What activity can I do?

You can do any activity that keeps the drainage bag below your bladder. **You cannot swim.**

When does the catheter come out?

Your doctor decides when the catheter comes out. This depends on the reason for your catheter.

After the catheter is taken out, you may notice:

- a burning feeling when you urinate
- you feel an urgent need to urinate
- some urine dribbling
- small bloody specks in your urine

These should improve as you recover. Call your doctor if you have any questions or concerns.