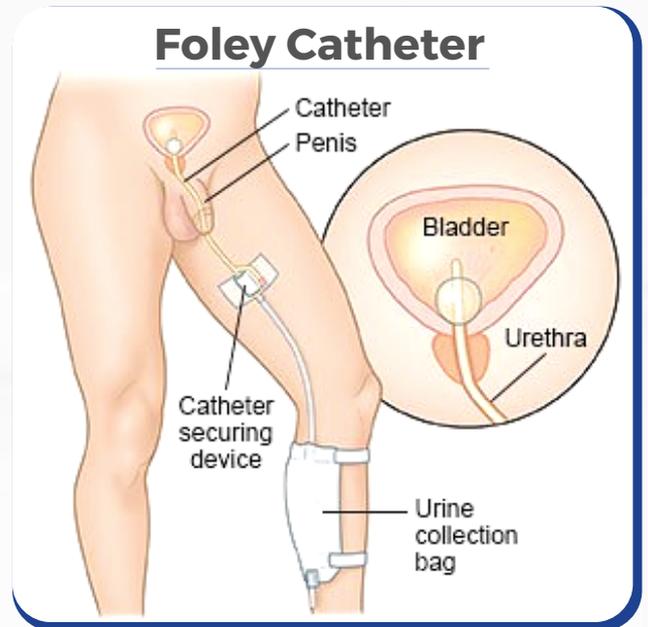


CATHETER CARE AT HOME

Urinary catheter is a sterile (germ-free) tube that has been inserted into the urinary bladder to drain urine. The catheter has a small balloon that holds the catheter inside your bladder. It is used when you are not able to pass urine.

Good hand hygiene and proper care is the best way to prevent infections

- Wash your hands with soap before and after you handle the catheter.
- Keep the catheter drainage system closed always, and don't leave any tubes or valves open to the air.
- Clean the catheter at the point it enters the body using plain water & cotton. Remove all dirt & hair at that point. Clean around the catheter by using tap water freely.
- Catheter tubing should be secured with tape to the front of the thigh to avoid any traction.
- The drainage bag should always be below the lower abdomen level & never touch the floor.
- Ask your doctor when your catheter will be removed or replaced with a new one. Usually, catheters are changed every 3-4 weeks.



FOR MALES

- Wash hands with soap & water
- Empty the urinary bag & do not allow the spout to touch anywhere.
- If the patient is bedridden, make the patient sit on a commode chair/bedpan/toilet or provide an underpad.
- Look carefully at the place where the catheter leaves the body.
- Pull back the foreskin to see the catheter insertion into the body.
- Check for any swelling, redness, or drainage, like blood or pus.
- Gently wash with mild soap and water the area around the catheter.
- Gently pull the foreskin up and wash all skin surfaces.
- Be sure to wash the catheter as well as your penis and scrotum.
- Provide a comfortable position to the patient.
- Tie the urinary bag below the lower abdomen level.
- Wash your hands with soap and water.

FOR FEMALES

- Wash hands with soap & water
- Empty the urinary bag & do not allow the spout to touch anywhere.
- If the patient is bedridden, make the patient sit on a commode chair/bedpan/toilet or provide an underpad.
- Pour some warm water into the perineal area.
- Apply soap solution to the perineal area & along the catheter from inside out
- Wash well (both the perineal area & the catheter)
- Wipe with a clean dry towel
- Provide a comfortable position to the patient.
- Tie the urinary bag below the lower abdomen level.
- Wash your hands with soap and water.

SITZ BATH ▶ HOW TO TAKE A SITZ BATH ▶ Sitz bath also cleans the catheter

- In a basin or big bowl.
- Make sure your basin or big bowl is clean. Fill a clean basin or big bowl with 3 to 4 inches of warm water.
- Add salt or medicine to the water if advised by your doctor. Usually 1/2 ts salt to 5 Ltr water or 2-3 crystals of potassium permanganate.
- Gently lower yourself down into the bowl and sit on the bottom of the bowl till both urinary and anal passage is underwater. Don't get into the bath unless the water temperature is comfortable.
- Sit in the water for 10 to 20 minutes.
- Get up slowly from the bowl. You may feel lightheaded or dizzy. Hold on to a railing or ask for help from a family member, friend, or caregiver if needed.
- Gently pat your anal area, perineum, and genitals dry with a clean towel. Don't rub the area.
- Wash your hands. Put any ointment or cream on the area, as advised.
- Wash the sitz bath bowl with soap and water after each use.
- Use a sitz bath 2 to 3 times a day, or as often as your healthcare provider advises.



If your patient is experiencing any **signs of urinary infections** such as **pain or discharge at the site of insertion, red-colored urine, turbid urine, foul smell in urine, or fever**, immediately contact to your doctor.

