



Catheter Care

Getting the best out of your indwelling catheter and urine bag



All you need to know about continence management

Many people experience urinary incontinence or voiding difficulties at some point in their lives, for a range of reasons. Finding the best way to manage your continence needs can help you get back to the lifestyle you love.

Managing urinary concerns may be overwhelming, especially in the beginning. If you are currently experiencing urinary incontinence or voiding difficulties, seeking professional help from a Continence Nurse can be the first step in gaining back your independence and lifestyle.

Speak to your local Continence Nurse Advisor or Urology Nurse, or call:

Continence Foundation of Australia
on 1800 330 066 or;

New Zealand Continence Association
on 0800 650 659

for more information.



You may have recently needed to look into continence management, or have been using continence aids for a while, and are looking for a solution to help you manage your needs better.

This booklet will provide tips on how you can get the most out of your continence solution.

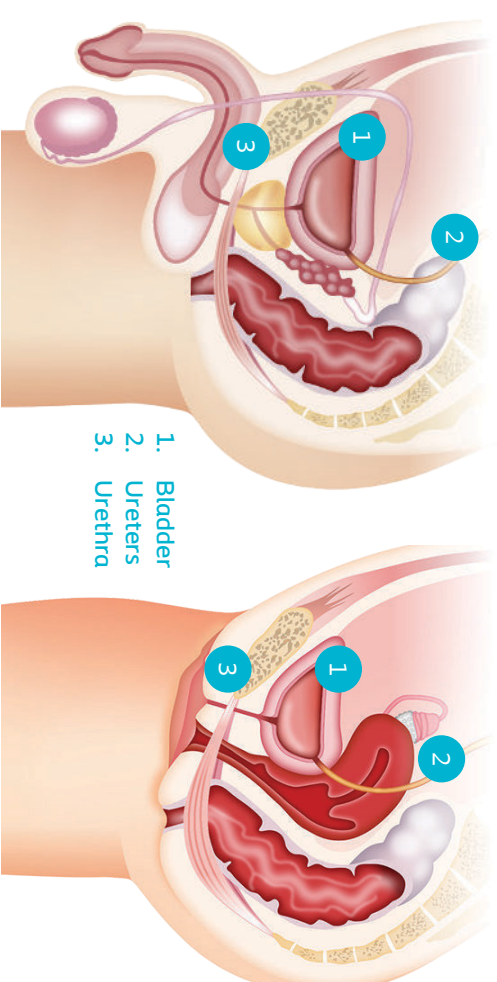
Disclaimer: Coloplast wishes to acknowledge that the recommendations contained in this booklet are not necessarily endorsed by all Healthcare Professionals in Australia and New Zealand. Coloplast recommends that everyone experiencing continence issues contact their local Continence Advisor or Urology Nurse for an individual assessment.

Understanding how your body works

Gaining an understanding on the urinary tract system and how your body works will help you to understand what you are doing when you catheterise – and where your catheter is going.

Your kidneys filter waste products from the blood, and send them to the bladder (1) where they are stored. The urine is filtered into the bladder via the ureters (2).

When the bladder has approximately 400–600ml of urine, it needs to be emptied from the bladder to avoid discomfort and potential infection.



The bladder is emptied through the **urethra (3)**.

There are many different reasons that you need assistance in emptying your bladder.

Indwelling or suprapubic catheterisation may help you to work towards a more independent and active lifestyle.

What is an indwelling catheter?

A catheter is a narrow, flexible tube introduced into the bladder to drain urine. An indwelling catheter is held in place by a small balloon at the tip of the catheter with some of the catheter remaining inside of the body.

Inside the catheter there are two channels – one for drainage of urine and one for inflating the balloon. It is always important to follow the manufacturer's instructions regarding the volume of water used to inflate the balloon.

The balloon must be deflated before removal of the catheter.

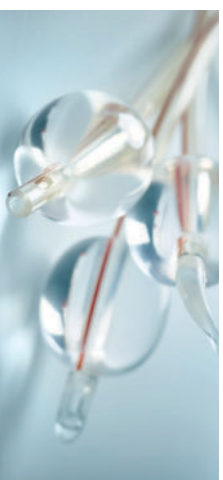


Some catheters can be left in place for up to three months, but may need to be changed more frequently depending on your individual needs. Your Continence Nurse Advisor, Urology Nurse or Community Nurse will help you change our catheter.

Indwelling catheters are available in many types of material and sizes, and your Continence Nurse Advisor or Urology Nurse will help you choose which one is most appropriate for you and provide support and assistance in caring for your catheter.



Raleen®



Folsyl®

Urethral and Suprapubic Catheterisation

An indwelling catheter can be introduced to the bladder either through the urethra or through a surgical opening in the abdominal wall, called a suprapubic site.

Your doctor, urology nurse or continence nurse advisors will work with you to decide whether a urethral or suprapubic catheter is most suited to your needs.

Care for Suprapubic Catheters

- Always wash your hands before and after handling the catheter and/or urine bag
- Inspect your suprapubic site daily
- Use mild soap with low pH to wash the catheter site everyday
- Pat the catheter site dry with a towel
- Use a catheter strap or securement device to avoid movement of the catheter. This will help prevent trauma from potential irritation of the bladder wall
- Do not use deodorant or talcum powder at or near the suprapubic site
- A dressing to the suprapubic site is generally not required
- Discuss any concerns with your nurse or doctor

Care for Urethral Catheters

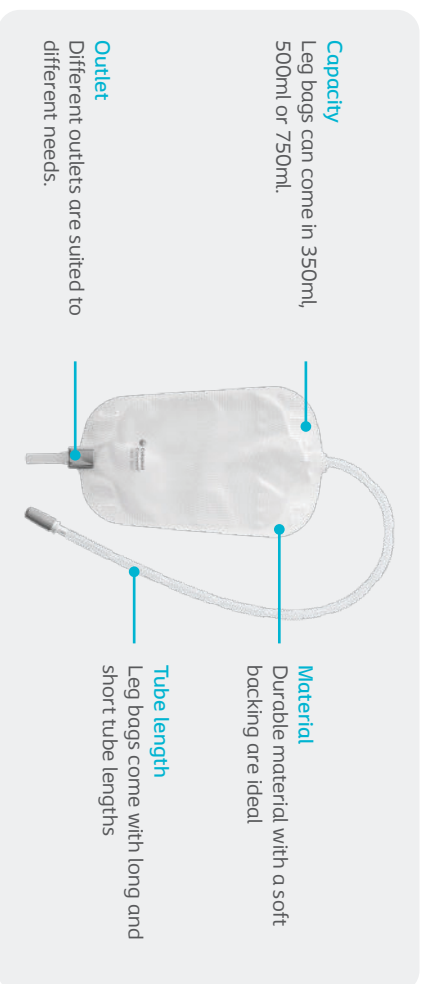
- Always wash your hands before and after handling the catheter and/or urine bag
- When you shower, wash and dry thoroughly. Do not use perfumed soap or soap with a high pH as this may irritate the site
- Use a catheter strap to limit movement of the catheter. This will prevent trauma from potential irritation of the bladder wall
- Do not use deodorant or talcum powder around the catheter
- Your Continence Nurse Advisor or Community Nurse will monitor and review the catheter on a regular basis

Coloplast's Raleen Inline Catheter and Folsyl Foley Catheter are both suited for urethral and suprapubic use. *If you would like to find out more about our Indwelling Catheter options, please discuss this with your Healthcare Professional.*

Urine bags

Urine bags provide you with a secure, comfortable solution for urinary incontinence. It is important to find a bag that suits your lifestyle needs.

There are a range of different urine bags available. When you're looking at a urine bag you need to consider the different features available, including:



Leg bags

Leg bags are designed for use during the day. They attach to the legs with skin-friendly leg straps often with a strip of silicone on the inside to prevent the leg bag from sliding down the leg.

Some leg bags, like the **Conveen® Security+**, come with an anti-kink tubing, to ensure that no matter how much you move the urine will always be able to flow into the leg bag.

You can wear your leg bag for 5-7 days.

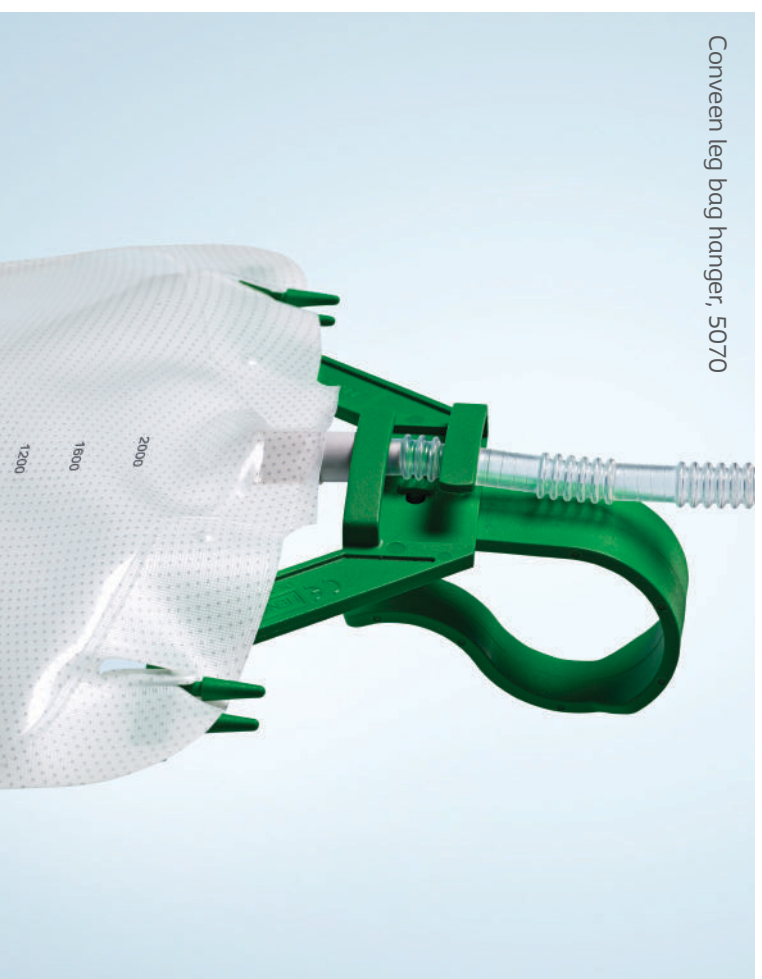
Overnight bags

Overnight bags are designed with a larger capacity to allow you to sleep through the night without having to empty your leg bag. Generally overnight bags will hold up to 2 litres.

If you need more capacity, your overnight bag can be connected to your leg bag. If you are connecting your overnight bag to your leg bag, loosen the leg straps to allow for more comfort and to prevent accidental disconnection.

To reduce the risk of infection, it's recommended that you use a hanger or stand to prevent your overnight bag resting on the floor. **Coloplast have a range of hangers and stands you can purchase.**

You can use your overnight bag for up to 7 days. Rinse it out with warm water and soap each morning after you detach and empty the bag.



How to choose a urine bag

It's important to consider the following when choosing the best urine bag for your lifestyle:

1. Do I need a sterile bag?

If you have a catheter inserted, you will need a sterile bag to reduce the risk of urinary tract infections. Most sterile bags are pre-packaged with a set of leg straps

Leg straps can be purchased separately and rewashed for long-term use.

2. Where do I place my leg bag?

For effective draining the leg bag must sit below the level of your bladder.

The length of the tube will depend on where you prefer wearing your leg bag; if you want to wear the bag on the lower leg you will need a longer tube. If you prefer the bag to sit on the thigh you will need a shorter tube.



You can also cut the tube on some leg bags for a customised fit. A spare connector is sometimes provided in the pack for this, or the tubing will be separate from the bag to allow you to change the tube length.

Sterile scissors must be used to cut the tube to maintain sterility.

3. Which capacity is best?

Your urine output will determine what capacity will be the best suited for you. This is something your healthcare professional will discuss with you.

Generally leg bags come in 350ml, 500ml and 750ml capacities.

If you choose a leg bag that holds a larger volume they will often be chambered to allow your urine to be distributed evenly around the leg and reduce the amount of noise made when moving.



4. Which tap do I choose?

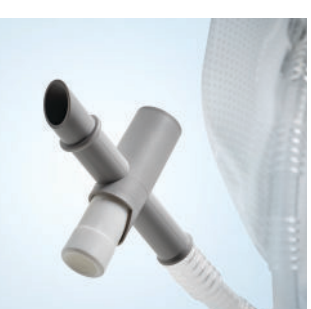
There are different taps available to suit dexterity and lifestyle preferences. Your healthcare professional will help you to find a tap best suited for you. You can also try a free sample before purchasing your leg bags to ensure this is the best option for your lifestyle.



Clamp tap
Conveen® range



Lever tap
Simple® Profile range



T-tap
Simple® Syphon range

Urine Bag Care

Before going to bed, it's recommended that you use an overnight bag for added capacity, ease of use, and a reduced risk of infection.

To connect your leg bag to an overnight bag:

1. Wash your hands thoroughly before and after emptying your leg bag
2. Clean the outlet tube with alcohol wipes to maintain a sterile environment
3. Leave the outlet tap of your leg bag open
4. Remove the cap and insert the connector of your overnight bag into the outlet tube of your leg bag

Remember, never disconnect the leg bag from your catheter.

In the morning, to disconnect your overnight bag:

1. Remember to close the outlet tap on your leg bag, and then disconnect your overnight bag
2. Re-tighten your leg straps
3. Empty your overnight bag

Check with your Continence Nurse Advisor or Urology Nurse on whether they advise single or multiple use bags.

If your healthcare professional recommends multiple use bags, rinse your overnight bag thoroughly with warm water and soap once emptied.

When changing your leg bag:

1. Wash your hands thoroughly before and after emptying your leg bag
2. Clean the outlet tube with alcohol wipes to maintain a sterile environment
3. Pinch the end of the catheter to prevent urine escaping, and remove the old bag
4. Remove the protective cover of the new sterile leg bag and connect it immediately to your catheter
5. Empty and discard your old leg bag, and then wash your hands thoroughly

For samples of our urine bag range, contact Coloplast's Consumer Care Team:

Australia

☎ 1800 653 317

✉ aucare@coloplast.com

New Zealand

☎ 0800 265 675

✉ hospital@ebos.co.nz

Catheter Care

Before going to bed, it's recommended that you use an overnight bag for added capacity, ease of use, and a reduced risk of infection.

To reduce your risk of UTIs when using your catheter:

1. Wash your hands thoroughly before and after handling your catheter
2. Make sure the area where the catheter will be placed is washed before insertion
 - Men: pull back the foreskin and wash underneath, if uncircumcised
 - Women: Wash from back to front away from the catheter to prevent contamination
 - Avoid using perfumed soaps, talcum powders, creams, antiseptics, or antiperspirants as they may cause irritation

Your catheter shouldn't cause you pain. If you find any discomfort, discharge or leakage, consult your healthcare professional.

Special Tips – Indwelling Catheter

General

- Eat a well-balanced diet of high fibre foods to prevent constipation. Examples of high-fibre foods are: fresh fruit and vegetables, baked beans, lentils, wholemeal bread, porridge, muesli, brown rice, and some cereals
- Drink a minimum of eight glasses of fluid every day – that 1.5-2 litres, unless otherwise advised by your healthcare professional
- If you have a medical condition that requires restricting your fluid intake, talk to your healthcare professional
- Your urine should be light yellow in colour. If it looks dark drink more. Avoid drinking too much tea, coffee, fizzy drinks and alcohol
- Store your continence products in a cool, dry and dark place. Catheters should be stored flat to minimise damage

Living with a catheter

- Having an indwelling catheter should not limit your social and leisure activities, including going away on holiday
- Intimacy with a urethral catheter is possible, but it's important to maintain good hygiene and wash the area around the catheter before and after intercourse
- Men: if you have a urethral catheter you can fold it along the side of you erect penis and hold it in place with a condom. Avoid rough intercourse
- Women: if you have a urethra catheter, tape your catheter up onto the abdomen with surgical tape, making sure not to pull it tight. Avoid rough intercourse
- Using water-soluble lubricants will help during intercourse. These lubricants can be purchased at your local chemist or supermarket. Please do not use Vaseline, as this can damage the catheter
- A suprapubic catheter offers greater sexual freedom. Discuss this option with your healthcare professional

Special Tips – Urine Bags

Leg bags

- When looking for a leg bag solution choose one that has a cloth backing, as this will reduce the risk of skin irritation.
- Alternating the leg your bag is worn on each day will also help reduce any pressure on your legs.
- Your leg bag should be emptied every few hours, or when it's close to 2/3 full. This will help you to monitor your urine flow, check the colour of your urine and to stop your leg bag tugging on your catheter.
- You can shower with your leg bags, but keep in mind how quickly the bag dries before getting it wet. We recommend alternating leg straps to ensure you always have a dry pair.
- Your leg bag can be used for up to seven days. Choose the same day of the week as a reminder to change your bag.
- Always check that the tubing is not kinked and you can move without pulling on your catheter. If you can mobilise, try sitting and standing to see if you have enough movement.
- Remember to close the tap on the leg bag before disconnecting it in the morning.



Overnight bags

- Your overnight bag must be attached to the end of your leg bag for overnight use. Never disconnect the leg bag from your indwelling catheter.
- When connecting your overnight bag to your leg bag, make sure there is some urine in the leg bag before you connect them. This will prevent any airlocks.
- In the morning, disconnect your overnight bag from your leg bag. You can then wash your overnight bag out with liquid soap and water and let it dry during the day.

Accessories – Indwelling Catheter

Catheter strap

Designed to reduce the risk of unplanned catheter removal or trauma to the bladder the Simpla Catheter Strap is an easy to use long-term catheter securement. Available in a 50cm and 60cm length, the Simpla catheter strap can be secured to the leg or abdomen for ease of use.

How to attach a catheter strap

1. Position the catheter strap around the leg, with the silicone strip towards the skin, and stretch it into place to fit securely. Make sure blood flow is not constricted
2. Position the tubing of the catheter under the fastening rubber strap
3. Wrap the rubber strap around and under the catheter or tube and push the free end through the slot provided
4. Pull the fastening rubber strap to gently tighten around the catheter or tube and press the Velcro fastening into place on the main strip

Catheter valve

The catheter valve can be used as an alternative to a leg bag. The catheter valve enables you to store urine in your bladder, which should be emptied regularly, as directed by your healthcare professional. Please speak to your Continence Nurse Advisor if you want to consider this option, to see if it is suitable for you.

How to attach a catheter valve

1. Wash your hands thoroughly before and after handling your catheter valve
2. Insert the catheter valve's ridged connector into the catheter
3. To empty the bladder open the valve over the toilet or a suitable receptacle
4. If linking the catheter valve to a night bag, clean the connections with an alcohol wipe then attach the connector to the silicone sleeve at the bottom of the valve.



Catheter strap



Catheter valve

Accessories – Urine Bag

Urine bag stand and hangers

Using a stand or a hanger can provide optimum support and free flow of urine into your overnight bag. They also help to reduce the risk of infection or accidents, as the overnight bag is not placed on the floor.

To attach your overnight bag to a hanger/stand

Insert the holes at the top of your overnight bag into the prongs on your hanger/stand. Guide the tube through the area at the top of your hanger/stand. This will stabilise the tube and avoid kinking or disconnection of the tube.



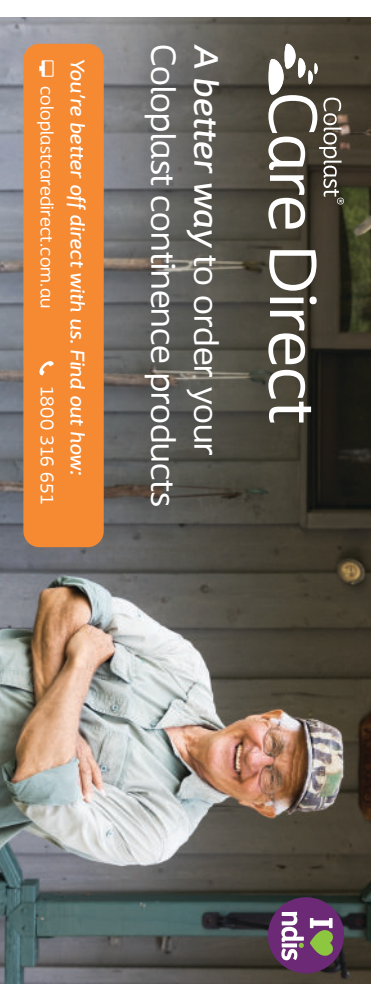
Metal bedside hanger
380845



Conveen Hanger
5070



Simpla Flatpack stand
380341



Coloplast®
Care Direct
A better way to order your
Coloplast continence products

You're better off direct with us. Find out how:
coloplastdirect.com.au 1800 316 651

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Acknowledgments

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The Coloplast story began back in 1954.

Our company reflects the passion, ambition and commitment of the people who made it happen. Elise Sørensen, a nurse, invented the first disposable, self-adhesive ostomy pouch, because she was determined to help her sister out of isolation. Aage Louis-Hansen added his engineering ability and entrepreneurial drive, and through strong commitment and resilience he founded Coloplast.

Still today, people with intimate healthcare needs often live in isolation.

We are fighting to change that.

Ostomy Care / Continence Care / Wound & Skin Care / Interventional Urology

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