

Catheter Passport:

A patient hand-held record

Patient details

Name

Address and postcode:

[Attach sticker]

Date of birth:

Hospital number:

NHS number:

Allergies:

Urinary catheter passport - purpose of booklet

The first half of this booklet gives you advice on looking after your catheter.

The second half of this booklet aids record keeping and this is to be completed by your healthcare professional (both in hospital and community) to ensure continuity of care. If you have an appointment with any healthcare professional you should take this booklet with you. This booklet requires information such as

- the date of the catheter insertion
- reason for the catheter
- when the catheter will be due to be changed

What is a catheter?

A urinary catheter is a hollow, flexible tube that allows urine to drain from your bladder into a bag attached to your leg.
Some people may have a valve at the end of the catheter instead of a leg bag.

Catheter management

- Wash hands before and after touching your catheter
- Empty the bag regularly when it is two thirds full of urine
- Clean catheter tap before opening
- Keep drainage bag below bladder to allow urine to drain
- Change bag every 7 days
- Attach night bag to leg bag or valve every night; this will prevent having to empty the bag overnight. Remember to open the valve from your leg bag or catheter valve, which is connected to the night bag
- In the morning, close leg bag or catheter valve and dispose of the used night bag

How to prevent infection

- Carers should always wash their hands and wear non-sterile gloves when emptying, changing or connecting the night bag
- Only disconnect the leg bag or valve weekly when it is replaced with a new one
- Wash the skin in the area where the catheter enters the body with mild soap and water everyday, if possible twice a day
- Men should carefully wash under the foreskin (unless you have been circumcised). Dry the area thoroughly and ensure the foreskin is replaced over the end of the penis
- Women should always wash the genital area from front to back to prevent contamination from the back passage and dry the area thoroughly
- Avoid the use of talc, antiseptic, bubble bath or bath salts and creams as these can cause irritation
- Do not remove your leg bag when you have a bath or shower

What should my urine look like?

- Urine should be a light yellow colour. If it is orange/dark brown, you may not be drinking sufficient fluid
- If your urine is bloodstained or has specks of blood in it contact the community nursing service
- Some medication and foods may cause discolouration of urine
- If you are passing bright red blood you should contact your doctor as soon as possible

How to dispose of your used catheter bags

- Empty the contents into the toilet
- Double wrap the bag (either in newspaper or a plastic bag)
- Place into your waste bin

Self-help measures if your catheter is not draining or it is leaking

- Check the drainage bag is connected
- Keep drainage bag below bladder to allow urine to drain
- Make sure the tubing is not stretched or pulled tight; twisted or restricted, for example by tight clothing
- Change your position and walk around if possible
- Check the straps, which secure the leg bag are positioned behind the leg bag tube
- Make sure the valve or leg bag tap is open when connected to the night bag
- Check that your urine bag is empty when it is two-thirds full as urine will not drain if the bag is full
- Eat a healthy and balanced diet to avoid constipation as this can prevent your catheter from draining
- Unless you have been advised otherwise, drink 6-8 glasses/mugs a day (equivalent to 1.5 - 2 litres / 2.5 - 3.5 pints in 24 hours)
- Try decaffeinated drinks as caffeine may irritate your bladder. There is caffeine in tea, coffee, coca cola and drinking chocolate.

When to ask for help

Your catheter should remain comfortable and pain-free. However contact your nurse if:

- You experience acute lower abdominal or tummy pain
- Urine is not draining and you have followed the self-help measures within the information leaflet
- Your catheter falls out
- There is blood in your urine
- Your urine is cloudy, smelly or you have a burning sensation, which does not improve after drinking extra fluids
- Urine is leaking around the catheter, enough to make your clothing wet

RECORD OF INSERTION DETAILS

Date catheter inserted:			
Place where inserted: (please circle)	Hospital GP	Nursing Home Other	Pt's own home
Reason for insertion:			
Catheter type and size:			
Drainage system used and ordering codes			
Leg bags			
Night bags			
Catheter valves			
Problems experienced during procedures:			
Date of next planned change and who by			
Residual volume if applicable/retention			

Catheter Change

Date: Name of health care professional and designation	
Reason for catheter change:	
Catheter type and size:	
Problems experienced during procedure:	
Date of next planned change and who by	
Residual volume if applicable/retention	

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Useful Contacts

For patients under the care of a Community Nurse District Nurse team:

Spelthorne- Sunbury & Shepperton 01932 713388

Spelthorne- Staines 01784 883641

Spelthorne- Ashford and Stanwell 01784 883943

Runnymede- Chertsey 01932 567835

West Elmbridge- Weybridge 01932 826063

West Elmbridge- Walton 01932 414165

Woking- Goldsworth park 01483 751076

Woking- West Byfleet 01932 340411

Woking- St Johns 01483 764873

**Out of Hours Nurse team: 01932 872929 (6.30pm - 8am) or page through
switchboard at St Peters Hospital 01932 872000**

Ashford and St Peters Urology department: 01932 722385

Ashford and St Peters Uro-gynae department: 01932 722124

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