Taking care of a urinary catheter at home after a day surgery procedure

The catheter stays in its place in the bladder with the help of a balloon that is filled with fluid.

At home with the catheter

- Shower the genital area at least once a day.
- Men should move foreskin back when showering, and return it to its place afterwards. After showering, the catheter should be attached to lower abdomen with a steady tape. This will prevent the catheter from scratching the urethra.
- Avoid sitz baths, swimming, and hot sauna.
- You may empty the catheter bag as necessary several times per day through the tap in the bottom of the bag.
- The bag should always be kept lower than the level of the bladder.
- Drink sufficiently, at least 1–2 litres per day, in order to keep the kidneys working better, and thus reducing risk of infection.
- Constipation should be prevented and treated as needed.

Removal of the catheter

The catheter has been inserted _______/_______-_______

The catheter may be removed _______/_______-_______

Removing the catheter is easiest for example in the toilet above the sink or a bucket.

1. Wash your hands carefully with soap.
2. Lower your trousers and take a position so that the catheter will fall into the sink or the bucket.
3. Empty the balloon with a syringe; the balloon has kept the catheter in its place.
4. When the balloon is empty (one full syringe of fluid, about 10 ml) draw the catheter carefully out.

It is normal that urine and blood leak from the catheter while drawing it out.

After this procedure urine may be bloody. In the beginning you may also need to urinate often, and have a burning sensation while urinating, but these symptoms will disappear with time.

Contact us

If:
- urine is foul and smells bad,
- you develop a temperature,
- urine does not come out, flows on the outside of the catheter, or becomes bloody

Day Surgery Unit on working days from 07.00–17.00 tel. (06) 323 1552,
Emergency Department at other times tel. (06) 323 1311, or
Your own health centre or occupational health centre

- This instruction is intended for our patients who are in a care relationship •