

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

These instructions are intended for printing. The instructions contain sections to be filled in.

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 milliliter) 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 07.00–15.00, telephone 06 213 1552

Your own health Centre or occupational health Centre

Telephone nursing services from 15.00–08.00 on Monday–Thursday and from 14.00–08.00 on Friday and 24 hours a day during weekends and on midweek holidays, telephone 116 117

Vaasa Hospital District • www.vaasankeskussairaala.fi/en • Telephone 06 213 1111

This instruction is intended for our patients who are in care relationship.