

## Patient Instructions for Care of Catheter

Some swelling of the urinary tract tissue is normal following irritation of the tract. The swelling may cause some difficulty in urination. To prevent this problem, a urinary drainage catheter has been inserted prior to your return home. The catheter will drain the urine from your bladder while your urinary tract heals. The following information will help you manage the care of the catheter during your recovery period.

1. A catheter is a urinary drainage tube that allows the drainage of urine from the bladder. The tube has a small balloon on one end that is inflated with sterile water. This balloon keeps the catheter in and prevents the tube from sliding out of the bladder.
2. The catheter will remain in place for \_\_\_\_\_ days.
3. It is important to clean the catheter (the area of the tube where it enters your penis) daily.
  - A. First, wash your hands before caring for your catheter.
  - B. Use a clean wash cloth and soap to clean the catheter and the penis.
  - C. Always clean by wiping away from the tip of the penis.
4. The catheter has a drainage bag attached to it. It is important to ensure that the drainage bag is below the level of the bladder to prevent urine from going back up the tube and contaminating the bladder. This reduces the possibility of urinary tract infection.
5. It is important to avoid any tension on the catheter. Tension on the catheter can cause discomfort to tender tissues or dislodge the catheter from the bladder. To prevent tension, use tape to secure the catheter to your leg or use the leg bag straps to secure the drainage bag to your leg.
6. You may take a daily shower. However, avoid a bath until the catheter has been removed. Once the catheter has been removed, sitz baths or tub baths are recommended.
7. Observe the catheter for any signs of infection. Note and report any signs of swelling, inflammation, colored discharge or elevated temperatures to your physician.

If you have any questions after you return home, please do not hesitate to call us at (860) 242-2900. There is always someone who can be reached 24 hours a day, seven days a week.