

Useful contact details:

GP Name:	
GP Phone:	
Hospital Name:	
Hospital Phone:	

OMS-UFC-803-Nov25

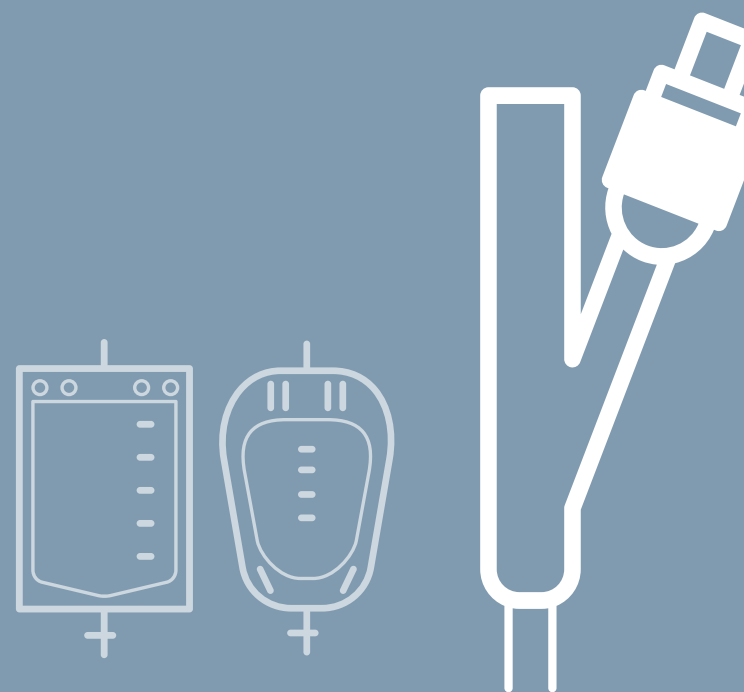


Call us: 020 3987 7560



Visit us: vyne.co.uk

Order your catheter supplies with **Vyne**,
here to help you get everything you need.



Carry this passport with you

MY URINARY CATHETER PASSPORT

How to look after my urinary catheter

Contents

Note to healthcare professionals	3
My catheterisation information	4
Ordering catheter equipment with Vyne	5
Introduction	6
Commonly asked questions	7-11
Record of catheterisation changes	12-16
Notes page on my catheter	17-19
Useful contact details	20

NOTE TO HEALTHCARE PROFESSIONALS

This does not replace standard Trust documentation for record keeping (Catheter Care). Please inform the patient's GP that they have a catheter, and when the catheter is removed.

Patient details	
Name:	
Address and postcode:	
NHS number:	
Date of birth:	
Allergies:	
Healthcare professional details	
Name:	
Contact number:	
Out of hours contact number:	
Hospital consultant name:	
Other healthcare professionals:	

MY CATHETERISATION INFORMATION

To be completed by the healthcare professional

All healthcare professionals should record details of catheterisation in this passport and also in the patient nursing and/or medical record. Completion of this passport improves collaborative working between all healthcare professionals.

Initial catheterisation details	
Reason for catheterisation:	
Trial without catheter considered:	
Date and venue:	
Catheter type and size:	
Lubrication gel used:	
Any problems experienced during catheterisation:	
Current drainage system and ordering codes	
Leg bag:	
Night bag:	
Catheter valve:	
Fixation device(s):	
Details of how to obtain catheter equipment: (your healthcare professional may discuss this further with you)	Using Vyne ☐ Using other service ☐ Please provide details:

Ordering catheter equipment with vyne



If your healthcare professional has registered you with **Vyne**, it's easy to obtain all the products you need – just give us a call, order online or download our app.



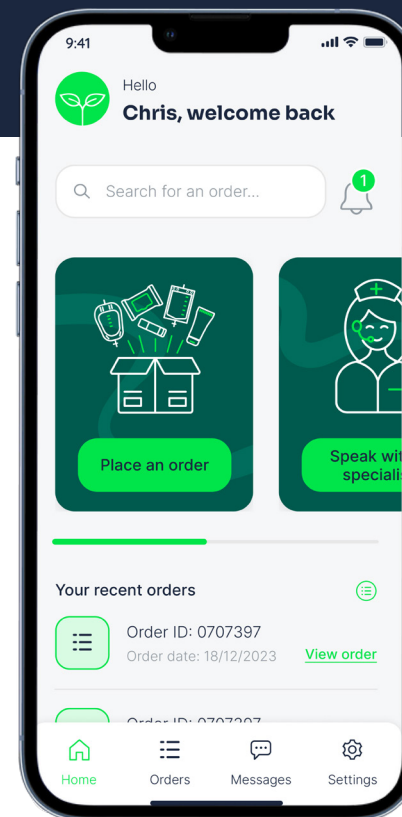
Get in touch:



Call us: **020 3987 7560**



Visit us: **vyne.co.uk**



"Good communication and excellent customer service, even the delivery is so fast. Vyne is truly for people in need."

"Couldn't have asked for a better experience from Vyne - what an amazing company."

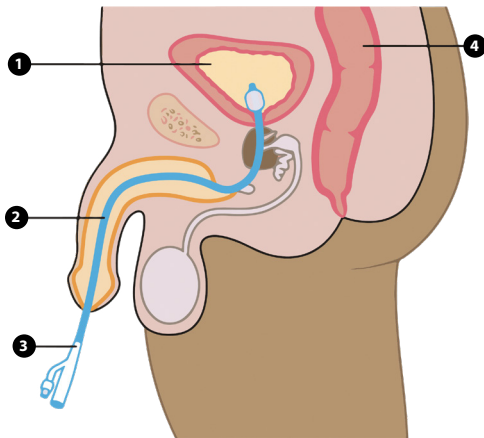
Download the app today and register with **Vyne** - we'll take care of your prescriptions from there.



INTRODUCTION

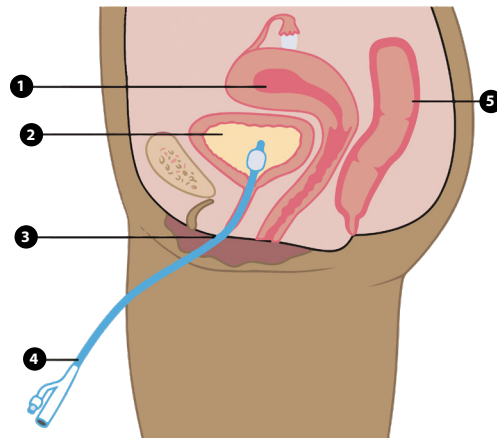
The purpose of this passport is to provide you with advice on looking after your urinary catheter. You should make sure that every time your catheter is changed that the healthcare professional completes the record section of this passport. If you attend a hospital for a catheter change, please ensure you take this passport (including if you have to attend a hospital either in an out-patient clinic, accident and emergency department or are admitted to a ward) – so remember to carry this passport with you whenever you are attending the hospital.

Male Side View



- 1 Bladder
- 2 Urethra with retention balloon in bladder
- 3 Catheter
- 4 Bowel

Female Side View



- 1 Uterus
- 2 Bladder
- 3 Urethra with retention balloon in bladder
- 4 Catheter
- 5 Bowel

WHAT IS A URINARY CATHETER?

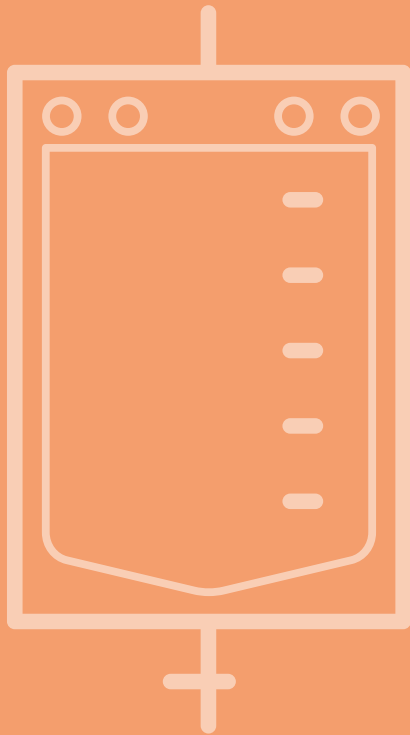
A catheter is a hollow tube that drains urine from your bladder either through the urethra (the tube where urine comes out of) or through a specially made hole in the abdomen (suprapubic catheter). A small balloon keeps the catheter in place inside the bladder. The urine will either drain into a drainage bag, which is worn on the leg (and in turn is connected to a larger bag at night), or a bag worn on the abdomen; or the bag is replaced with a catheter valve (tap). All are emptied and/or opened at regular intervals to drain the urine from your bladder.

HOW DO I LOOK AFTER MY CATHETER ON A DAILY BASIS?

- Wash your hands before and after handling your catheter or drainage bag (professional carers should wash their hands and wear new gloves).
- Keep your drainage bag or catheter valve connected to the catheter at all times, except when changing the bag and/or valve. The bag or valve should be changed weekly or according to the manufacturer guidelines.
- Empty your drainage bag regularly for example when $\frac{2}{3}$ full and do not let the bag overflow.
- Ensure the catheter is anchored to your leg and/or abdomen via a fixation device (therefore ensuring it doesn't pull at the entry site). Also ensure that the leg bag, if worn, is firmly held on the leg – either by straps (not too tight) or a leg sleeve.
- Keep your drainage bag lower than your bladder to allow urine to drain. This reduces the risk of infection from the back flow in the tubing.
- Ensure the drainage tubing does not become kinked.
- At night, attach a night bag to the leg bag or valve, remembering to open the valve from your leg bag or catheter valve, allowing drainage into your night bag. In the morning, close the leg or catheter valve and remove the night bag and dispose of it as instructed by your healthcare professional. Make sure, when attaching the leg bag to your leg, the straps are positioned behind the leg bag and not across the front of the bag.
- It's really important for bags not to remain attached to the legs at night,
- It is important that no part of your catheter bag is allowed to touch the floor. This will help reduce the risk of infection.

HOW CAN I REDUCE THE RISK OF GETTING AN INFECTION?

- Wash your hands before and after handling your catheter or drainage bag.
- Clean the place where the catheter enters your body daily with water and dry thoroughly.
- Men should carefully wash under their foreskin (unless they have been circumcised). Dry the area thoroughly and ensure the foreskin is replaced over the end of the penis.
- Women should always wash their genital area from front to back to prevent contamination from the back passage. Dry area thoroughly.
- Avoid the use of talcum powder, bubble bath or bath salts as this can potentially cause irritation.
- Do not remove your leg bag when in the shower or bath.



KEEPING MYSELF HEALTHY?

- You should drink approximately one and a half to two litres of fluids daily, which is about eight glasses of fluid.
- Be aware that in some people excess amounts of caffeine can irritate your bladder. There is caffeine in tea, coffee and chocolate. If you are not sure about what to drink, discuss this with your healthcare professional.
- Avoid constipation as a full bowel can have an effect on the drainage of urine. If you are prone to constipation, discuss healthy eating with your healthcare professional.
- Try not to strain when you are opening your bowels.

WHAT SHOULD MY URINE LOOK LIKE?

- Urine should be a light yellow straw colour. If it is dark in colour you may not be drinking enough fluids.
- Some medication and foods may cause discolouration of urine. Your healthcare professional will be able to advise you on this.
- If this does not help, contact your healthcare professional.
- If your urine is bloodstained or has specks of blood in it, you should contact your healthcare professional.
- If you are passing bright red blood or there are blood clots present, you should contact your GP.
- You must ensure that your healthcare professional has discussed the above with you and when you contact them; if you are in any doubt do call them for advice.

WHAT SHOULD I DO IF MY CATHETER ISN'T DRAINING?

- Check the drainage bag is below the level of your bladder.
- Make sure that the catheter and catheter bag tubing is not twisted or kinked.
- Check that the drainage bag is connected correctly and is not full, as a full bag will prevent drainage.
- Constipation can prevent your catheter from draining. If you are prone to constipation, discuss this with your healthcare professional.
- Make sure that you are drinking enough fluids to stay hydrated too.
- Make sure you have opened the valve or leg bag tap following connection to your night bag.
- If after trying the above, your catheter is still not draining you should contact your healthcare professional for advice.
- You must ensure that your healthcare professional has discussed the above with you and you know how to contact them; and if you are in any doubt do call them for advice.

WHEN SHOULD I ASK FOR HELP?

Your catheter should remain comfortable and pain free. However, you should ask for help if you experience any of the following;

- Any lower abdominal pain and/or tummy pain at any time or following a catheter insertion.
- Your urine is not draining and you have followed the simple self help guidance given in this passport.
- The catheter has fallen out.
- There is blood in your urine.
- Your urine is cloudy, foul-smelling or you have a burning sensation, which does not improve on increasing your fluid intake.
- Urine is leaking around the catheter enough to make your clothes wet.
- The skin on your abdomen, near where the suprapubic catheter is inserted, becomes red or weeps.

HOW DO I DISPOSE OF USED CATHETER BAGS?

- You should dispose of old catheter bags by putting them in a plastic bag along with any other catheter care waste, tie and dispose of as household waste.
- If you are in a residential or nursing home or community hospital, adhere to their local Waste Management Policy and/or protocol for disposal of catheter bags.

WHEN WILL MY CATHETER NEED CHANGING?

You healthcare professional will advise you on how often your catheter needs changing and also how to obtain further supplies of catheter equipment.

HOW DO I STORE MY CATHETER EQUIPMENT?

Store your catheters away from direct sunlight and radiators, in the original packaging in a flat position. If you are concerned about the storage of your equipment discuss this with your healthcare professional.



Catheterisation change	
Date:	
Type of catheter:	
Size: Lot number: Expiry date:	
Lubrication used: Lot number: Expiry date:	
Reason for catheter change:	
Any problems experienced during catheterisation:	
Date of my next planned change:	

Catheterisation change	
Date:	
Type of catheter:	
Size: Lot number: Expiry date:	
Lubrication used: Lot number: Expiry date:	
Reason for catheter change:	
Any problems experienced during catheterisation:	
Date of my next planned change:	

Catheterisation change	
Date:	
Type of catheter:	
Size: Lot number: Expiry date:	
Lubrication used: Lot number: Expiry date:	
Reason for catheter change:	
Any problems experienced during catheterisation:	
Date of my next planned change:	

Catheterisation change	
Date:	
Type of catheter:	
Size: Lot number: Expiry date:	
Lubrication used: Lot number: Expiry date:	
Reason for catheter change:	
Any problems experienced during catheterisation:	
Date of my next planned change:	

Catheterisation change	
Date:	
Type of catheter:	
Size: Lot number: Expiry date:	
Lubrication used: Lot number: Expiry date:	
Reason for catheter change:	
Any problems experienced during catheterisation:	
Date of my next planned change:	

Catheterisation change	
Date:	
Type of catheter:	
Size: Lot number: Expiry date:	
Lubrication used: Lot number: Expiry date:	
Reason for catheter change:	
Any problems experienced during catheterisation:	
Date of my next planned change:	

Catheterisation change	
Date:	
Type of catheter:	
Size: Lot number: Expiry date:	
Lubrication used: Lot number: Expiry date:	
Reason for catheter change:	
Any problems experienced during catheterisation:	
Date of my next planned change:	

Catheterisation change	
Date:	
Type of catheter:	
Size: Lot number: Expiry date:	
Lubrication used: Lot number: Expiry date:	
Reason for catheter change:	
Any problems experienced during catheterisation:	
Date of my next planned change:	

Catheterisation change

Date:	
Type of catheter:	
Size: Lot number: Expiry date:	
Lubrication used: Lot number: Expiry date:	
Reason for catheter change:	
Any problems experienced during catheterisation:	
Date of my next planned change:	

Catheterisation change

Date:	
Type of catheter:	
Size: Lot number: Expiry date:	
Lubrication used: Lot number: Expiry date:	
Reason for catheter change:	
Any problems experienced during catheterisation:	
Date of my next planned change:	

MY NOTES PAGE ON MY CATHETER

[illegible]

MY NOTES PAGE ON MY CATHETER

MY NOTES PAGE ON MY CATHETER

[illegible]