



## MedStar Visiting Nurse Association

Your physician has decided a urinary catheter is appropriate for your care. All catheter users are at risk for infection.

Urinary tract Infections (UTI's) can be prevented with Routine self-care and prompt reporting of symptoms

- Always wash your hands before and after touching the catheter.
- Normal urine is clear, yellow. Output is at least ¼ cup or 2 oz per hour.
- Drink plenty of fluids to stay well hydrated, unless you are on a fluid restriction. It is helpful to drink 6-8 glasses of liquid a day, such as water, juices and milk. Avoid soda and sugary drinks.
- Avoid constipation that can cause pressure on the bladder and catheter blockage.
- A blue to purple discoloration of urine, catheter tubing and the collection bag, may be a sign of infection. Change the bag and report to the Nurse and Physician to evaluate for UTI.

## Catheter Associated Urinary Tract Infections (CAUTI)

### ASK THE NURSE TO DEMONSTRATE CLEANSING AND CATHETER CARE.

1. Daily hygiene is recommended.
  - Inspect and clean the insertion site daily and monitor for irritation or dried crusts. Use soap and water or cleansing wipes.
  - Do not allow the drain of the bag to touch the toilet or container.
2. Tubing should flow down and away from the patient, to the bag.
  - Secure the catheter using a strap or adhesive device.
  - Prevent pulling or tugging on the catheter.
3. Limit switching between a leg bag and gravity system and irrigating.
  - Exposing the tube allows germs to enter. Cleanse the end with rubbing alcohol before re-attaching to the bag.
4. Change the bag as ordered and do not allow the end of the tube or opening of the bag to touch the bed or floor. To clean the bag:
  - Use a plastic squirt bottle to rinse bag with water and drain.
  - Add one of these solutions to the bag, swish for 30 seconds and drain: 1 T bleach in about ½ cup water or 2T vinegar in 3 T water.
  - Air dry in a clean place.
  - Wipe the bag and tubing ends with rubbing alcohol before re-attaching.



### WHEN SHOULD THE VISITING NURSE BE NOTIFIED?

The catheter has fallen out

OR

"I think I have a UTI (urinary tract infection)"

#### Bladder:

- feeling of bladder fullness or spasms
- little urine in the drainage bag or tubing
- urine is leaking

Insertion Site: increased pain, itching, burning

#### Urine:

- cloudy, dark and may look like tea, floating bits
- has a slight odor

Temperature: 100.5F or 38C or chills

### When should the Physician be called?

- Worsening of the symptoms
- Decreased appetite or fluid intake
- Temperature: 100.5F or 38C or chills
- Change in behavior, particularly in older adults, such as confusion, tiredness or agitation