

How to Maintain a Catheter

Step-by-step

Emptying the Bag

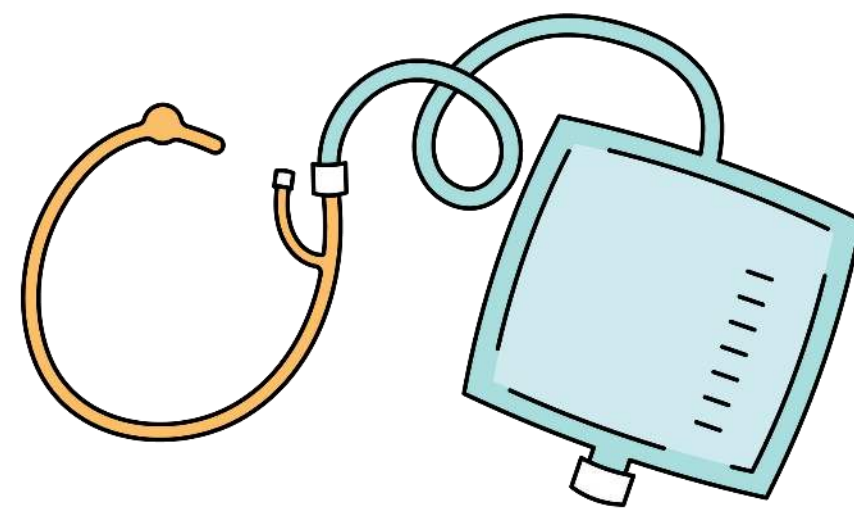
Supplies: container, alcohol swabs, and disposable gloves.

- Open the clamp at the bottom of the bag over a container.
- Let the urine drain until bag is empty.
- Clean the clamp off with an alcohol swab.
- Reseal the clamp.
- Clean the clamp off with an alcohol swab.

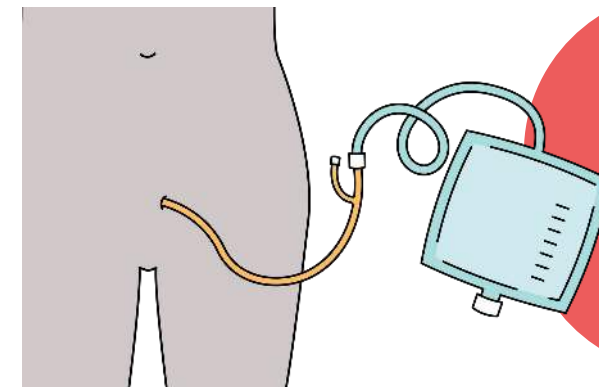
Cleaning the catheter tube

Supplies: disposable gloves, soapy & clean water, washcloths and towels, gauze, and a waterproof pad.

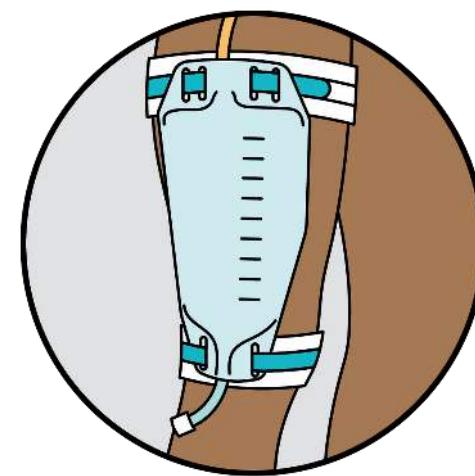
- First, empty the bag to prevent pulling.
- Start by asking for permission to wash the person's genitals.
- Hold the catheter tube as close to their body as possible.
- Use a clean, soapy cloth and gently wipe down the tubing. (Repeat as needed).
- For a suprapubic catheter, if the site is fully healed, you can wash around the tube with soap and water, starting at the tube and cleaning outward in a circular motion.
- A piece of gauze may be placed around the suprapubic tubing for comfort.



♥ Catheter care is a very personal experience and needs to be done in a sensitive and respectful way.



“**Suprapubic**” catheters also stay in all the time and have a bag, but the tube is placed in the lower stomach area with surgery.



“**Indwelling**” catheters are the type most people think about. The tube goes through the urethra so urine can drain into a bag.

Changing the bag

Supplies: a clean drainage bag, gloves, alcohol wipes, a container, and a waterproof pad or towel.

- Empty the bag.
- Place a towel/waterproof pad under the connection between the catheter tubing and the bag tubing.
- Pinch, or clamp the catheter tubing.
- Carefully disconnect the catheter from the old bag.
- Wipe the catheter tube with an alcohol wipe and connect the new bag.
- Discard the old bag if a replacement bag is available, if not, you can set aside the bag for cleaning.



For a more detailed tutorial, please scan the QR code.