

Me and my catheter

How do I care for my catheter and bags?

Self-care sheet 2

Your catheter must be strapped to the body, either on your thigh or abdomen (tummy). This will help prevent pulling and pain. Your catheter should not be pulled tight between where it is strapped and where it goes into your body. The nurse will show you how to do this.

There are two types of bags to collect the urine from your catheter.

- Leg bag - a small bag that you strap to your leg during the day.
- Night bag - a much larger bag used to collect the urine during the night. The night bag can sit in a clean bucket or bag to keep it off the floor, or on a special stand the nurse can get for you.



Leg Bag



Night bag on stand

The leg bag is connected to your catheter and the bag is then strapped to your leg. Make sure that the strap goes behind the leg bag, so that it does not stop the flow of urine. Make sure that the bag is always lower than the bladder. The nurse will show you how to do this.





Empty the leg bag when it is half full so that it does not get too heavy. If it is too heavy it will pull on the catheter and cause problems, such as leaking and pain.

The nurse or doctor will change the catheter as required. This will happen at least every 12 weeks.



How can we help?

There are six Me and My Catheter self-care sheets available.

- Sheet 1 - What is a catheter and why do I have one?
- Sheet 2 - How do I care for my catheter and bags?
- Sheet 3 - How do I change a leg bag and connect the night bag?
- Sheet 4 - How can I avoid infections?
- Sheet 5 - What do I do if something goes wrong?
- Sheet 6 - How can I get more equipment?

If you have any questions or would like to find out about other self-care options, you can contact Bolton Clarke, the National Continence Helpline or your trusted health professional.

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 www.boltonclarke.com.au

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 **National Continence Helpline 1800 33 00 66.**

Free telephone service, provided by the Continence Foundation of Australia, that offers confidential information, advice and support.

This resource was developed in partnership with the Continence Foundation of Australia

