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## SD - Duty Statement - Suprapubic Catheter Care

### Daily Care

- Always wash hands and wear gloves when handling catheter and catheter bags.
- Check catheter insertion site each shift – report any unusual redness, skin tears, pain or leakage (urine).
- Check the catheter is draining during the shift and empty the drainage bag regularly.
  - Leg bag – empty when about ½ full
  - Overnight bag – empty at 2.30/ 3am and in the morning
- Clean around the catheter insertion site each morning and evening
  - Use mild soap and water and pat the area dry.
  - DO NOT use powder, creams or lotions around the site unless directed to by treating Nurse / Dr.
- Always be careful that the catheter tubing is not pulled, stretched or accidentally caught on something as it may dislodge or cause trauma at the insertion site. Be extra careful when assisting with dressing/undressing.
- The leg bag is to remain in place at all times and should be changed once per week. A new bag is used each week.
- The overnight bag is to be connected to the leg bag each evening, then emptied, removed and cleaned each morning.
- Make sure the participant drinks plenty of fluid – 1.5 /2 litres/ day
- Record the participant's daily fluid intake and output on the fluid balance chart.
- Record the participant's bowel movements on the fluid balance chart

### Securing the Catheter

- Always ensure the catheter is securely attached via the 'cath strap'.



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### Leg Bag Care

- The leg bag is to stay connected to the catheter at all times except during the weekly change.
- Leg bags can be attached either below or above the knee. Make sure the straps keep the leg bag secure but are not too tight. The bag can be positioned on the inner or outer leg.



- The leg bag should be checked and emptied regularly. Don't let it get more than about ½ full. Measure and record how much urine is emptied from the bag.
- The night bag is attached to the leg bag and the valve at the bottom of the leg bag opened to allow urine to drain through the leg bag and in to the night bag.
- Make sure the leg bag is kept below the level of the bladder at all times to prevent urine flowing from the bag back into the bladder.
  - At night the leg bag remains in place. The night bag is attached to the bottom of the leg bag and the leg bag valve left open.



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### Changing the Leg Bag

- The leg bag is changed weekly. Do this on a set day and record the change in the communication book.
- Wash hands and wear gloves when changing the leg bag.
- Empty the leg bag that is in use then get the participant to sit or lie on the bed so staff can easily access the catheter.
- Make sure you have a new catheter and a rubbish bag ready nearby.
- Put clean gloves on
- Carefully disconnect the used catheter and immediately connect the new bag.



- If you have unfastened the catheter from the 'cath strap' on the leg, secure the catheter and secure the new leg bag to the calf with the fresh straps supplied. Make sure you close the exit valve.



- Assist participant to finish getting dressed

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### Overnight Bag

- The overnight bag is attached to the end of the leg bag when the participant goes to bed each night.
- When you have attached the night, bag make sure you remember to open the valve at the end of the leg bag so the urine can drain through the leg bag and in to the night bag.
- At night the leg bag remains in place. The night bag is attached to the bottom of the leg bag and the leg bag valve left open.
- Place the night bag in to a bucket or other container at the side of the bed. Do not put it directly on to the floor.



Place overnight bag in to a bucket

- Staff have been asked to empty the leg bag once overnight to prevent it from being overly full in the morning. Staff are to do this only if safe
- Record the amount of urine emptied.
- Each morning, disconnect the overnight bag making sure you remember to close the valve at the end of the leg bag.
- Empty the night bag and measure the urine in the bag. Record the amount in the fluid balance chart.
- Wash and rinse the overnight bag and hang up in the bathroom to dry. The overnight bag is re-used for a week and a new overnight bag added on the same day the leg bag is changed.
- Make sure you wash your hands and wear gloves when attaching, disconnecting or washing any of the urine bags.

