



**UROLOCARE HOSPITALS**

(Pty) Ltd. Reg. No/nr. 2001/005764/07

## INDWELLING CATHETER CARE

### Cleaning your skin

Follow these skin care guidelines once a day, everyday or more often if needed:

1. Wash your hands well with soap and water. Be sure to clean between your fingers and under your nails
2. Wet one of the washcloths with warm water and soap it up
3. Gently wash all around the area where the catheter goes in with the soapy washcloth. Females should wipe from front to back. Males should wipe from tip of the penis downward
4. Rinse the washcloth with water until the soap is gone
5. Add more soap to the washcloth. Use it to gently wash your upper legs and buttocks
6. Rinse off the soap and pat dry with a clean towel
7. Do not use creams, powders or sprays near this area.

*Read more overleaf...*

### **Making sure your catheter is working**

You will need to check your catheter and bag throughout the day:

1. Always keep your bag below your waist
2. Try not to disconnect the catheter more than you need to. Keeping it connected to the bag will make it work better
3. Check for kinks and move the tubing around if it is not draining
4. Drink plenty of water during the day to keep urine flowing.

### **When to Call the Doctor**

*Call your doctor or nurse if:*

1. You have pain near the catheter
2. Your bag is filling up quickly, and you have an increase in urine
3. You are leaking urine
4. You notice blood in your urine a few days after you leave the hospital
5. Your catheter seems blocked
6. You notice grit or stones in your urine
7. Your urine smells bad or it is cloudy or a different color
8. You have signs of infection (burning sensation when you urinate, fever or chills).



**UROLOCARE HOSPITALS**

(Pty) Ltd. Reg. No./nr. 2001/005764/07

Cnr Grosvenor & Pretorius St, Hatfield  
Pretoria, 0083, South Africa  
P.O Box 13271, Hatfield, 0028  
Tel: (012) 423 4000 Fax: (012) 342 1233  
Email: [urology@urology.co.za](mailto:urology@urology.co.za)

**[www.urology.co.za](http://www.urology.co.za)**