



UROLOCARE HOSPITALS

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

URINE DRAINAGE BAGS

How your leg bag works

Urine will pass through the catheter in your bladder into the leg bag

1. Your leg bag will be attached to you all day. You can move around freely with it
2. You can hide your leg bag under skirts, dresses or pants. They come in all different sizes and styles
3. At night, you will need to use a bedside bag.

Where to place your leg bag:

1. Attach your leg bag to your thigh with velcro or elastic straps
2. Make sure the bag is always lower than your bladder. This keeps urine from flowing back into your bladder.

Emptying your leg bag

Always empty your bag in a clean bathroom. Do NOT let the bag or tube openings touch any of the bathroom surfaces (toilet, wall, floor and others). Empty your bag into the toilet at least two or three times a day or when it is a third to a half full.

Read more overleaf...

Follow these steps for emptying your bag:

1. Wash your hands well
2. Keep the bag below your hip or bladder as you empty it
3. Hold the bag over the toilet
4. Open the spout at the bottom of the bag and empty it into the toilet or container
5. Do not let the bag touch the rim of the toilet or container
6. Clean the spout by rubbing it with alcohol and a cotton ball or gauze
7. Close the spout tightly
8. Do not place the bag on the floor. Attach it to your leg again
9. Wash your hands again.

Changing your leg bag

Change your bag once a month. Change it sooner if it smells bad or looks dirty.

Follow these steps for changing your bag:

1. Wash your hands well
2. Disconnect the valve at the end of the tube near the bag. Try not to pull too hard. Do not let the end of the tube or bag touch anything, including your hands
3. Clean the end of the tube by rubbing it with alcohol and a cotton ball or gauze
4. If you are re-using the bag, clean the opening of the bag by rubbing alcohol over the opening with a cotton ball or gauze
5. Attach the tube to the bag tightly
6. Strap the bag to your leg
7. Wash your hands again.

Cleaning your leg bag

Clean your bedside bag each morning. Clean your leg bag each night before changing to the bedside bag:

1. Wash your hands well
2. Disconnect the tube from the bag. Attach the tube to a clean bag
3. Clean the used bag by filling it with a solution of 2 parts white vinegar and 3 parts water
You can also use 1 tablespoon of chlorine bleach mixed with about a half cup of water
4. Close the bag with the cleaning liquid in it. Shake the bag a little
5. Let the bag soak in this solution for 20 minutes
6. Hang the bag to dry with the bottom spout hanging down.

When to call the Doctor

Call your doctor or nurse if:

1. You are not sure how to attach, clean, or empty your leg bag
2. Your bag is filling up quickly
3. You have a skin rash or sores
4. You have signs of infection (burning sensation when you urinate, fever or chills).



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