

Catheter Passport

Don't forget to take this booklet with you for all health care professional appointments

Your Guidebook for Living with a Catheter



**A Central Record of Information
About Your Catheter Care**

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What is a Catheter Passport for?

This passport will provide advice on how to look after your catheter. If you see a healthcare professional regarding the catheter please ask them to record information in the passport.

Your Catheter Passport is your property.
Please remember to take it with you to the following:

Your next catheter change

When you visit or are admitted to hospital

When you visit your GP



My Details

Name:

Address:

Phone Number:

DOB:

NHS Number:

Next of Kin /
Emergency
Contact Details:

My Information

Allergies:

Communication Needs:

Safeguarding Needs:

History

Urological Condition:

Type of Catheter

Healthcare Professional Contact

Urology Nurse:

Telephone Number:

Email address:

GP details:

Hospital Consultant:

Delivery Company

FITTLEWORTH:

Telephone: UK 0800 378 846
Mon-Fri 8am-8pm (exc: Bank Holidays)

Email: caring@fittleworth.com
Post: FREEPOST Fittleworth

Telephone: Scotland 0800 783 7148
Mon-Fri 9am- 5pm (exc: Bank Holidays)

Email: scotlandcustomerservices@fittleworth.com

Other:

Consent to share information

The purpose of this document is to enable you to carry information regarding your urology care management and allow carers and health care professionals to access information regarding products used and problems that you may have experienced with management of your catheter.

I understand that this is to assist with the management of my catheter care allowing healthcare professionals to see previous problems/ successes that I may have experienced.

I understand that this may be used as a point of reference if I am attending medical appointments or have been admitted to hospital.

I

Consent to information regarding my catheter care and treatment to be documented and shared with other healthcare professionals.

Patient Signed

Date

Witnessed by

Date

Job Title

Withdrawal of Consent

I understand that I can withdraw my consent to share information at any time.

Date consent withdrawn

Patient signature

Health Care Professional Record:

Date:	ADD STICKER
Type of catheter:	
Size:	
Batch number:	
Expiry date:	
Reason for catheter change:	
Sterile lubricating gel product code and expiry:	
Catheterisation insertion pack product code:	
Problems:	
Date of next planned change:	
Name (printed):	

Date:	ADD STICKER
Type of catheter:	
Size:	
Batch number:	
Expiry date:	
Reason for catheter change:	
Sterile lubricating gel product code and expiry:	
Catheterisation insertion pack product code:	
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Catheterisation insertion pack product code:	
Problems:	
Date of next planned change:	
Name (printed):	

Notes For You and Your Healthcare Professional

Date	Please note down any non-urgent issues you wish to discuss with your healthcare professional.	Action/ outcome	Name of healthcare professional: please print

Date	Please note down any non-urgent issues you wish to discuss with your healthcare professional.	Action/ outcome	Name of healthcare professional: please print

Catheter Associated Urinary Tract Infections (CAUTI) Urinalysis

Date	Symptoms	Urinalysis Result	Treatment



Catheter Introduction

What is a urinary catheter?

A flexible hollow tube inserted in to the bladder to drain urine and this is usually inserted by a doctor or nurse. The catheter is inserted through the urethra (the tube which urine passes through to the outside of the body) or through a man-made channel through the abdominal wall known as suprapubic catheterisation.

The catheter is retained gently in the bladder by inflating a small balloon and can be short term, 2 weeks, or long term up to 12 weeks.

Why do I need a catheter?

There are many reasons why people may need a catheter. The bladder may have lost its ability to contract and empty, there may be an obstruction of the urethra or it may be due to other health related problems.

The need for a catheter may be for a short period of time or it could be permanent.

Your healthcare professional will discuss the need for a catheter, how long it may be needed or you may be given an appointment for a trial without a catheter. The catheter may feel uncomfortable at first and you may feel some urge to pass urine. You may even experience some bladder spasm which may cause urine to leak around the side of the catheter, this usually settles down within 24 to 48 hours.

Securing your catheter

To help prevent pulling or accidental dislodgement of the catheter there are a range of devices available. Elasticated straps can be worn round the thigh or abdomen to help stabilise the catheter or drainage tubes. Adhesive devices adhere to the skin and a clip helps to stabilise the catheter.

Urine Drainage Bags

Leg Bags

A sterile drainage bag which collects urine is secured to the leg using elasticated straps or a sleeve providing discreet storage of urine under clothing. The bag should be emptied when $\frac{3}{4}$ full and manufacturers recommend a maximum use of 7 days before changing.

Catheter Valves

The valve allows the bladder to fill with urine and is to be emptied at regular intervals during the day by opening the valve. Manufacturer's recommendations are up to 7 days usage.

Belly Bag

Suspended from a belt around the waist, a larger volume drainage bag. Manufacturer's guidelines for use up to 28 days before change.

Night Bag

Large capacity urine bag used for overnight drainage which is secured into the end of the tap of the leg bag/catheter valve, the tap is then opened to allow urine to collect in the larger bag overnight. A night stand or bed hanger can help to support the weight of the bag

and aid drainage. These bags are normally single use with a new bag each night.

How do I dispose of my used catheter products?

Empty any urine contents down the lavatory or into a collecting receptacle. Wrap the product in a disposal bag. Dispose of in household waste or in accordance with manufacturer's guidelines.

Hygiene

Practicing good hand hygiene by washing your hands before and after handling catheter equipment and wearing gloves during the procedure is a simple yet effective way to prevent the spread of germs which may cause infection.

The catheter entry site into the body should be washed twice a day using mild soap and water and dried thoroughly. Creams and talcum powder should be avoided as they may affect the material of the catheter or may cause clogging. When bathing or showering your drainage bag should be emptied beforehand and left in place. Always wash your hands before and after draining or changing the urine bag.

Diet and Fluids

It is important to eat a balanced diet of fruit, vegetables and fibre to avoid constipation. If your bowel is full, which happens when you are constipated, it can press on your bladder, reduce urine drainage or may result in leakage around the catheter.

Drink about 1.5 to 2 litres (6-8 glasses) of fluid each day unless you have been advised otherwise by your healthcare professional. Avoid excess caffeine, alcohol and fizzy drinks as these may irritate your bladder. Your urine should be a clear light yellow colour, if it is dark yellow it can suggest that you are not drinking enough.



Problem Solving

Blocked catheters

If your catheter becomes blocked you should:

- Empty the drainage bag, so you can better see if it begins to drain
- Lift the drainage bag above the level of the bladder then lower it again, which can release any suction of the bladder wall.

If the above does not resolve the issue, contact your GP or healthcare professional.

How should catheter equipment be stored?

Store flat in the original packaging in a dry place or in accordance with manufacturer's guide lines.

Can I work and exercise as normal?

You can return to work, exercise or go on holiday as soon as your doctor or nurse advises.

Sexual activity:

Women: You can leave the catheter in place. If your catheter is going to be permanent you may wish to discuss with your healthcare professional the possibility of a suprapubic catheter.

Men: You can leave the catheter in place, but once you have an erection, fold it under your penis and apply a condom over your penis and the catheter. Always wash around your catheter with mild soap and water after having intercourse. If your catheter is going to be permanent you may wish to discuss with your healthcare professional the possibility of a suprapubic catheter.

Travel advice

If travelling abroad check with your airline before travelling for advice on carrying medical products. Split products between your hand and hold luggage, some airlines will allow extra baggage allowance – check with them if you are eligible

The key is to plan ahead and take enough supplies, more than usually used. Some airlines require a current prescription or doctor's letter to confirm the product is prescribed to the named person.

See the Fittleworth travel advice leaflet for further advice.



Fittleworth Home Delivery Service

How does it work?

Orders can be placed by sending us your prescription in the freepost envelope provided, by calling our Freephone number 0800 378 846 or through our website. You do not need to visit your GP practice to collect your prescription, your GP can send it to us electronically, saving you time, or we can collect the prescription from your GP if they agree.

We will take care of the rest, delivering the right products, discreetly on time and without fuss.

You can order through Fittleworth in 5 ways, all of which are very simple and all of which are FREE.

NHS Electronic Prescription Service (England only):

We accept electronic prescriptions (EPS). Your GP can send your prescription electronically to us at Fittleworth. To find out more, please call, text or email us using the details below or contact your GP.

By Post:

Send your prescription in one of the envelopes that we provide or to our address: Fittleworth, FREEPOST, 2 Henry Lock Way, Wick, Littlehampton BN17 7FB

On our Freephone Number:

National: **0800 378 846** Scotland: **0800 783 7148**

Email:

You can email your order to us at: caring@fittleworth.com

Online

www.fittleworth.com

Simply... a secure home dispensing service



freepost, **FITTLEWORTH**



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Scotland
0800 783 7148



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