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## CATHETER CARE: INDWELLING

An indwelling catheter is a soft rubber or silastic tube that is inserted through the urethra (you-REE-thra) and into the bladder to drain urine (Picture 1). On the tip of the catheter is a small balloon. After the catheter is put in, the balloon is filled with a small amount of water (3 mL to 5 mL) so that the catheter doesn't slip out (Picture 1). The catheter is taped to the thigh. Clear tubing connects the catheter to the drainage bag. This drainage bag is attached to the leg above the knee. This equipment is called a urinary drainage system.

### YOU WILL NEED

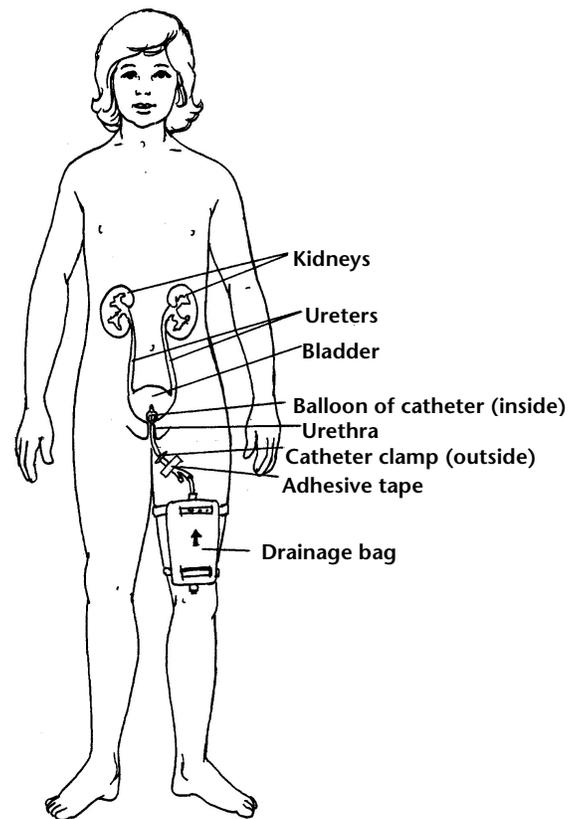
- Sterile disposable drainage system
- Sterile catheter, size \_\_\_\_\_
- Package of sterile 4 x 4 gauze squares
- Bottle of Betadine® solution

- Bottle of liquid soap
- Bottle of white vinegar
- 20 mL. syringe with catheter tip
- 1/2-inch or 1-inch adhesive tape
- Catheter clamp

### WEARING THE EQUIPMENT

After the catheter has been inserted and connected to the drainage system:

- Keep the catheter taped to the thigh with adhesive tape to hold it securely in place. If the catheter moves around, the urethra can get sore.
- Be sure the position lets you move your legs and hips when sitting or standing without pulling on the urethra.
- Change the spot where the adhesive is taped to the skin every day. This will help prevent skin irritation.
- Always keep the drainage bag lower than the waistline to keep urine from flowing back into the bladder.
- Wear the equipment when taking a shower or bath.
- Empty the urine bag before it is 2/3 full, and before taking a bath.
- If drainage stops, irrigate the catheter as instructed by your doctor. Refer to the Helping Hand: *Catheter Irrigation, Sterile Procedure*, HH-II-43, or *Catheter Irrigation, Clean Procedure*, HH-II-132.



**Picture 1** The catheter inside and outside the body.

### PREVENTING INFECTION

To help prevent infection in the urinary system:

- **Wash your hands with soap before disconnecting or connecting the drainage system.**
- Wash and rinse the entire genital area with soap and water every day. Make sure the skin around the catheter is kept very clean.
- Drink at least 8 to 12 glasses of liquid every day to keep the urinary system constantly washed out. Ask your doctor how many.

## WHAT TO DO ABOUT LEAKAGE

If urine leaks out:

- Check to see if the tubing or bag is kinked. Straighten it if necessary.
- Check to see that the tubing and connectors are clean and tightly connected.
- Make sure the drainage bag is lower than the waistline.
- Be sure the drainage bag is closed tightly and is not upside down.

## CARE OF THE EQUIPMENT

- Clean the tubing and drainage bag every day.
- Replace the tubing and drainage bag with a sterile set every 3 to 4 days.
- The doctor or nurse will change the catheter at your follow-up visit.

### HOW TO CLEAN THE NON-DISPOSABLE DRAINAGE BAG

1. Clamp the catheter. **Do not leave the catheter clamped longer than 15 minutes at a time.**
2. Disconnect the tubing from the catheter.
3. Cover the end of the catheter with gauze moistened with Betadine solution.
4. Wash the tubing and drainage bag with soapy water. Rinse with water. If urine odor remains after washing, follow with a rinse of 1/2 water and 1/2 vinegar solution.
5. With clean hands, reconnect the tubing to the catheter and **unclamp the catheter.**

### HOW TO CHANGE THE DISPOSABLE DRAINAGE SYSTEM

1. Clamp the catheter. **Do not leave the catheter clamped any longer than 15 minutes at a time.**
2. Disconnect the drainage system.
3. Cover the end of the catheter with gauze moistened with Betadine solution.
4. With clean hands, connect the new disposable system to the catheter and **unclamp the catheter.**
5. Throw away the used tubing and drainage bag.

## NUTRITION AND LIQUIDS

- Your child should eat healthy foods every day to help keep his body strong and free of infections. Meals should include bread, cereals, and pasta; fruits and vegetables; milk and cheese; and meat and eggs. Avoid "junk food" such as candy and potato chips.
- Liquids should include water and fruit and vegetable juices, especially cranberry juice. (Cranberry juice helps decrease odor.) Avoid carbonated drinks ("pop" or "soda"). (The part of soda pop that causes the bubbling changes the normal alkaline-acid condition of the urine.)

## ACTIVITY

- Most normal play, sports, and exercise are allowed unless your doctor tells you otherwise. Avoid riding on anything that is straddled such as a tricycle, hobby horse, bike, or seesaw.
- Loose-fitting clothing such as sweatpants might be more comfortable.

## WHEN TO CALL THE DOCTOR

Call your child's doctor (phone) \_\_\_\_\_ if any of the following occurs:

- Urine stops flowing and you can't get it started again.
- Your child's temperature is over 101°F by mouth or 102°F by rectum for over 24 hours.
- Urine smells bad
- The urethra or area around it becomes red and swollen or is draining pus.
- Blood in the urine.
- Urine gets cloudy and stays cloudy after liquids are increased.
- The catheter comes out.

If you have any questions, please ask your doctor or nurse or call \_\_\_\_\_.