



Having a Catheter



A **catheter** is a tube that goes into your **bladder**. Your wee moves from the bladder, through the tube, and into a bag. You will not feel it.



You'll need to fill out some forms and talk with the doctor about **consent** before the procedure.



If you are a man, the tube goes up your **penis**. If you are a woman, the tube goes through your **urethra** into the bladder.





The catheter stays in place with a small **balloon**. It might feel strange when it is put in, but it should be comfortable after.



You will see the tube and the wee bag.
Do not pull the tubes, as it will hurt if you do.



If no urine comes out, check the catheter.
Look for kinks, blockages, or a **full bag**.





Watch for signs of a **urine infection**.

These include a fever or stinging when you wee. Contact your **nurse** or **GP**.



Empty your catheter bag into the toilet.

Do this when the bag is **three-quarters full**. Close the tap after emptying.



At night, use a **night bag** with a stand.

Connect it to the leg bag, then open the tap.



Dispose of catheter bags properly. Empty them first, then seal them in a plastic bag and put them in the dustbin.



Drink plenty of fluids, at least **two litres** a day. Avoid too much caffeine to protect your bladder.



Prevent **constipation** by eating foods with fibre like brown bread, fruit, and vegetables. Drink plenty of fluids.



A **nurse** will help you take care of the catheter. They will check on it while you are not well.

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Please contact the Patient Support and Complaints Team (PSCT) if you require this leaflet in a different format or would like to feedback your experience of the hospital.

Email ruh-tr.psct@nhs.net or telephone 01225 825656.