

## HKSH Urology Centre

### Happy Valley

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### Service Hours

Monday to Friday: 9:00 am – 5:00 pm  
Saturday: 9:00 am – 1:00 pm  
Closed on Sundays and Public Holidays  
Consultation by Appointment



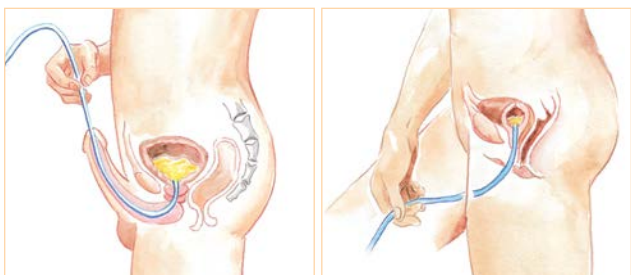
# Urinary Catheter Care



For enquiries and appointments,  
please contact us

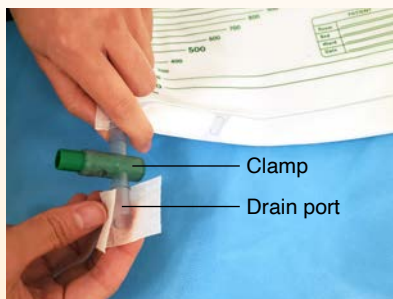
## What is a Urinary Catheter?

A urinary catheter is a hollow, thin and flexible tube that passes through the urethra into the bladder. Inside the bladder, a small and inflated balloon at the tip of the catheter keeps the end of the catheter from slipping out. Urine will be drained out of the bladder automatically into the collection bag.



## Emptying the Collection Bag

1. Empty the bag when it is no more than three quarters full. Do not leave it full
2. Wash hands with soap and water
3. Wipe the clamp and the drain port with alcohol swab
4. Release the clamp and allow urine to flow out
5. Make sure the drain port does not touch the measuring container
6. Reclamp, clean with alcohol swab
7. Measure and record the amount of urine, or empty the urine into the toilet
8. Wash hands with soap and water when finished



## Changing the Collection Bag

1. Wash hands with soap and water
2. Wipe the connection between catheter and collection tubing
3. Disconnect the catheter tube from the current collection bag with a twisting motion. Keep pinching the soft catheter tube to prevent urine leakage
4. Attach the end of the new collection bag. Wipe the connection between catheter and collection tubing
5. Wash hands with soap and water when finished

## Daily Catheter Care

- Always make sure that the collection bag is positioned below the level of the bladder to prevent urine from flowing back from the bag into the bladder
- The drain tube should not touch the ground while emptying the collection bag
- Maintain a closed drainage system. Do not break the connection from the catheter and the tubing
- Make sure there are no kinks, twists or loops in the catheter or tubing to restrict urine flow
- Avoid pulling and tugging of the catheter
- Keep skin and the catheter clean at all times

## Care Advice

- Drink plenty of liquid - at least 8 cups of water a day (only upon approval by your healthcare provider)
- Contact your healthcare provider or seek medical attention if you have:
  - Cloudy, foul-smelling urine
  - Blood in urine
  - Fever or chills
  - Painful or burning sensations around the bladder or urethra
  - Swelling or redness in urethra
  - Catheter not in place
  - Blockage or tear of the catheter

Reference:

[https://www3.ha.org.hk/hkwc/ppi/InfoPam/docs/srg/srg\\_45.pdf](https://www3.ha.org.hk/hkwc/ppi/InfoPam/docs/srg/srg_45.pdf)