

Caring for Myself with a Urinary Catheter

By the time I leave the hospital I will be able to tell the staff:

1. Why I have a urinary catheter.
2. How to prevent a catheter-associated urinary tract infection (CAUTI).
3. The symptoms of a CAUTI.
4. How the CAUTI may be treated.
5. How I will take care of myself at home.
6. When I need to call for help right away and when I will call the doctor for information or follow up.

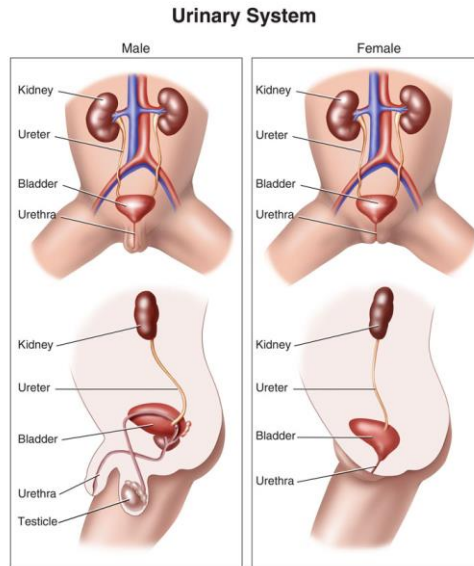
The staff will use three questions to teach me:

1. What is my main problem?
2. What do I need to do?
3. Why is this important to me?

The staff will ask me to repeat back important points in my own words, or ask me to show what I have learned. They want to make sure that I know about my condition and how to take care of myself.

What is my main problem?

I have a catheter draining urine from my bladder. This puts me at risk for a urinary tract infection (also called “UTI”). A UTI is an infection in the urinary system, which includes the bladder where urine is stored. It also impacts the kidneys which filter the blood to make urine. Germs do not normally live in these areas. If germs like bacteria or yeast are present, an infection can occur. Germs can travel along my catheter and cause an infection in my bladder or my kidney. When this happens, it is called a catheter-associated urinary tract infection or CAUTI. Sometimes these germs can enter the blood and lead to a more serious infection.



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What do I need to do?

Know why I need a catheter.

A urinary catheter is a thin tube placed in the bladder to drain urine. Urine drains through the tube into a bag that collects the urine. A urinary catheter may be used:

- If I am not able to urinate on my own
- To measure the amount of urine that I make, for example, during intensive care
- During and after some types of surgery
- During some tests of the kidneys and bladder

Know how to prevent a urinary tract infection.

People with urinary catheters have a much higher chance of getting a urinary tract infection than people who don't have a catheter.

If germs enter the urinary tract, they may cause an infection. Many of the germs that cause a CAUTI are common germs found in the intestines. Germs can enter the urinary tract when the catheter is being put in or while the catheter remains in the bladder.

I can do the following to help prevent an infection:

- Always clean my hands before and after doing catheter care.
- Always keep my urine bag below the level of my bladder.
- Never tug or pull on the tubing.
- Never twist or kink the catheter tubing.

- Avoid disconnecting the catheter and drain tube. This helps to prevent germs from getting into the catheter tube.
- Empty the bag regularly. The drainage spout should not touch anything while emptying the bag.
- I will wipe from front to back after using the rest room to have a bowel movement.

Know the symptoms of a CAUTI.

- My urine is reddish in color. This means blood is in the urine.
- Burning or pain in the area below the stomach.
- I have pain on one side of my back under the ribs. This is where the kidneys are.
- I have fever and chills or sweating.
- I have nausea and vomiting.
- If I am older, a UTI may cause confusion.
- Burning while urinating or an increase in the number of times I urinate after the catheter is removed.

Sometimes people with catheter-associated urinary tract infections do not have these symptoms of infection.

Know how a CAUTI may be treated.

- Most CAUTIs can be treated with removal or change of the catheter. Some cases may be treated with antibiotics.
- Your doctor will determine if treatment is needed.

Know how to take care of myself at home.

- I am going home with a catheter. My nurse will explain everything I need to know about taking care of the catheter. I will make sure I know how to care for it before I leave the hospital.
- I will keep all doctors' appointments.
- I will drink plenty of fluids every day. I will drink 6-10 eight-ounce glasses of liquids every day unless my doctor tells me to limit how much I drink.
- If I am uncircumcised, I will wash under the foreskin each time I take a shower.
- I will call my doctor right away if I develop any of the symptoms of a UTI. I may need more treatment.

Know when I need to call for help right away and when I will call the doctor for information or follow up.

Call right away

- I will call my doctor immediately if I have:
 - Nausea and vomiting
 - Fever of 101.5⁰F or higher and chills
 - Pain in my back just below the rib cage.

- Increased or new confusion if you are older.

Call during office hours

- I will call my doctor if:
 - have blood in my urine.
 - I have questions about my condition or my treatment.
 - I need to make another appointment.
 - I have questions about my medicine.
 - My symptoms don't improve or my symptoms come back soon after they improve.
 - My symptoms don't clear up in 1-2 days when I drink lots of fluids.

Why is this important to me?

- I need to know how to care for myself with a urinary catheter to prevent an infection.
- I need to know the symptoms of an infection.
- Treating a CAUTI early is important to prevent problems such as a kidney or blood infection.

As part of my care I have received this education plan. I may also receive:

- Information about medicines I am taking.

Caring for Myself with a Urinary Catheter Education Plan

Resources for Staff

- [How to Prevent Catheter Associated Urinary Tract Infections-](#)
LexiComp
- [Catheter Associated Urinary Tract Infection-](#) Nursing Reference
Center Plus

Teaching Tools (Items given to the patient)

- Urinary Tract Infection Education Plan
- [Caring For A UTI At Home-](#) Nursing Reference Center Plus

References:

https://www.cdc.gov/hai/pdfs/uti/CAUTI_tagged.pdf

Marschall, Jonas, et al. Strategies to Prevent Central Line- Associated Bloodstream Infections in Acute Care Hospitals 2014 Update. Infection Control & Hospital Epidemiology. 2014;35 S89-107.

Always close each teaching session with the question, “What questions do you have for me?”

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