

PATIENT INFORMATION

Changing Indwelling Catheter

A Male Patient Guide
North West Regional Spinal Injuries
Centre

Due to your spinal cord injury your bladder no longer empties normally. You, your consultant and nurse have decided an indwelling catheter is the most appropriate bladder management method at present for you.

CHANGING INDWELLING CATHETER

This leaflet is intended to be used as a checklist or reminder once you have been given individual supervision by a staff member and are competent in changing your indwelling catheter. To reduce the risk of infection you should change your catheter every six weeks.

EQUIPMENT NEEDED

- 2 x 10ml syringes
- 1 x 10ml sterile water unless pre-filled syringe available
- 1 Catheter (size.....)
- Instillagel
- Wipes to clean self
- Leg Bag
- Rubbish Bag

REMEMBER

**DO NOT FORCE THE CATHETER IN DURING
INSERTION**

**DO NOT INFLATE BALLOON
UNTIL URINE DRAINING**

- Wash hands

- Use 10ml syringe to deflate balloon of catheter currently in the bladder and pull out catheter gently
- Prepare Instillagel
- Cut leg bag tubing to required length
- Fill syringe with 10ml sterile water, unless pre-filled syringe available, to inflate balloon
- Clean hands and penis, ensure foreskin is pulled back
- Insert Instillagel into penis
- Insert catheter into penis
- Once urine draining inflate balloon with syringe filled with water
- Attach leg bag to catheter
- Pull foreskin back over penis

If you experience any difficulties inserting the catheter, please contact your District Nurse.

If you would like to discuss any issues raised within this leaflet, please contact a member of the nursing staff:

Nurse in Charge, Ward Office (01704) 704346
Spinal Outpatient Department (01704) 704354

SUPPORT GROUPS

Spinal Injuries Association
SIA House
2 Trueman Place
Oldbrook
Milton Keynes
MK6 2HH

Tel: (0845) 678 6633
Advice Line: 0800 980 0501
Email: sia@spinal.co.uk

OTHER SOURCES OF INFORMATION

www.spinalnet.co.uk

During your time in hospital, it is important to us that you are happy with your care and treatment. Please speak to a member of staff and/or the ward/department Sister/Charge Nurse if you have any questions or concerns.

MATRON

A Matron is also available during the hours of 9am – 5 pm Monday to Friday. During these periods, ward/department staff can contact Matron to arrange to meet with you. Out of hours, a Senior Nurse can be contacted via the ward/department to deal with any concerns you may have.

INFECTION CONTROL REQUEST

Preventing infections is a crucial part of our patients' care. To ensure that our standards remain high our staff have regular infection prevention and control training and their practice is monitored in the workplace. We ask patients and visitors to assist us in preventing infections by cleaning their hands at regular intervals and informing staff of areas within the hospital that appear soiled.

As a patient there may be times that you are unsure whether a staff member has cleaned their hands; if in doubt please ask the staff member and they will be only too happy to put your mind at ease by cleaning their hands so that you can see them.

SPECIAL INSTRUCTIONS FOR AFTER YOU HAVE LEFT THE HOSPITAL PREMISES

ANY CONDITION SPECIFIC DANGER SIGNALS TO LOOK OUT FOR:

Remember:

- ✓ Do not force catheter in
- ✓ Do not inflate the balloon until urine has drained
- ✓ Autonomic dysreflexia as a result of a blocked catheter

CONTACT INFORMATION IF YOU ARE WORRIED ABOUT YOUR CONDITION AFTER YOU HAVE LEFT HOSPITAL

Nurse in Charge – (01704) 704345

Spinal Outpatients – (01704) 704575

Your own GP

OTHER USEFUL TELEPHONE NUMBERS/CONTACTS:

NHS 111

Stop Smoking Helpline (Sefton) - 0300 100 1000

Stop Smoking Helpline (West Lancashire) - 0800 328 6297

Spinal Injuries Association (SIA) Advice Line –
0800 980 0501

**Please call 01704 704714 if you need
this leaflet in an alternative format**

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