

PATIENT INFORMATION

Changing Indwelling Catheter

A Female 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 that an indwelling catheter is the most appropriate bladder management method 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.

EQUIPMENT NEEDED

- 2 x 10ml syringes
- 1 x 10ml sterile water if no pre-filled syringe included
- 1 indwelling catheter (appropriate size.....)
- Instiligel
- 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
- Open Instiligel
- Cut leg bag tubing to required length
- Fill syringe with 10ml sterile water unless pre-filled syringe available
- Clean hands and wash vulval area
- Open catheter and apply KY Jelly to length of catheter
- Insert catheter into urethra
- Once urine draining inflate balloon with syringe filled with sterile water
- Attach leg bag to catheter

If you experience any difficulties contact your district nurse.

Support Group:

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

Tel 0845 678 6633
Advice Line 0800 980 0501

Other sources:

www.spinalnet.co.uk

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

Nurse in Charge
(01704) 704346

Spinal Outpatient Department
(01704) 704354

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
- Do not inflate balloon until urine draining
- Be aware of autonomic dysreflexia as a result of a blocked catheter

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

Your own GP

Nurse in Charge – (01704) 704345

Spinal Outpatients – (01704) 704354

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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Ormskirk & District General Hospital
Wigan Road, Ormskirk, L39 2AZ

Tel: (01695) 577111

Southport & Formby District General Hospital
Town Lane, Kew, Southport, PR8 6PN

Tel: (01704) 547471

FOR APPOINTMENTS

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