

Guidance for Patients Discharged Home with a Catheter in the Urinary Bladder הדרכה למטופל המשתחרר לביתו עם צנתר (קטטר) בכיס השתן

Guidance page phrased in the masculine, but intended for both women and men

Dear Patient: you are about to be discharged with a catheter in the urinary bladder. We have summarized instructions on this page, which would assist you to cope.

Background:

The purpose of the catheter is to empty the urinary bladder.

The catheter is connected to a bag that can be emptied using the valve at the bottom of the bag. It can be emptied directly into the toilet or into any other vessel.

Towards your discharge, you will be guided by the nurse in the department how to work with the catheter in your home.

It would be worthwhile for another family member to participate in the guidance. Furthermore, you can be helped by the nurse at the HMO.

Guidance for Treatment:

- Maintaining personal hygiene is extremely important, daily washing with soap and water including the sex organs and the catheter.
- Make sure to drink a lot.
- It is important to ensure that the urine bag is suspended lower than the hips in order to prevent a back flow of urine to the urinary bladder and to enable full drainage of the urinary bladder.
- When resting in bed or when sleeping, it is important to ensure that the bag is suspended lower than the height of the bed.
- A foot bag can be used – A bag, which is adhered to the leg with a plastic band, can be applied so that the bag is not visible.
- The bag must be changed once a week in order to prevent infection. Changing the bag must be performed cleanly after washing hands with soap and water.
Make sure not to touch the end of the catheter that is connected to the bag.
- It is possible to return to regular activity with the catheter according to feeling or **according to any other physician's instruction.**
- Is important to read the instructions for continued treatment assiduously and follow the contents of the discharge letter.

Consult the attending physician or the emergency room under the following conditions:

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| ✓ Fever over 38°C and/or shivering | ✓ A substantial decrease in the quantity of urine |
| ✓ Much discharge around the opening of the catheter. | ✓ Urine retention |
| ✓ Hematuria | ✓ The occurrence of unexpected pains |

Contact the attending staff in the department 24 hours a day for additional questions

At telephone: 02-655-5265/556

Wishing you a speedy recovery

The Urology Department Staff