



*Better Patient Care by Design™*

## A Patient Guide to Urinary Catheter Care

As part of your treatment, your healthcare professionals have prescribed catheterization using the *Duette™*, the innovative dual-balloon closed urinary drainage system. Working in harmony with your body's natural defense systems against infection, the *Duette™* has been designed to increase comfort by minimizing or eliminating bladder wall trauma.

If you are in the hospital or a care facility, the nursing staff knows what must be done to care for you and your *Duette™* system. However, a good outcome is not entirely the responsibility of the nursing staff. As with any prescribed medical therapy, the patient has a role to play. If you are going home with your catheter, you need to know how to care for your drainage system.

This pamphlet is provided as an aid to help you better understand your responsibilities in assuring a good outcome.



*Duette™*

This brochure is informational only. Insertion of a catheter, which is a medical device, may be performed only by qualified medical personnel.

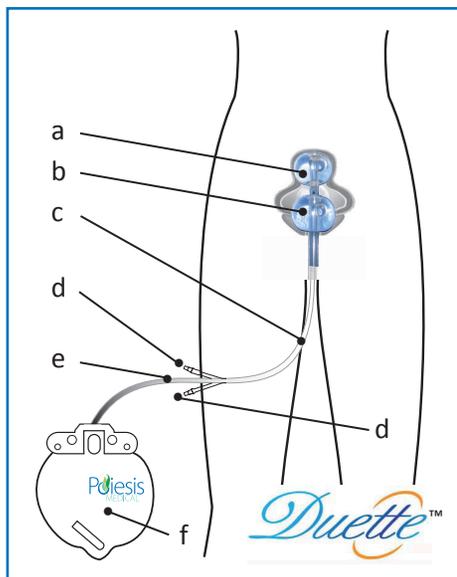


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*Prevention • Improved Outcomes • Reduced Cost*

The illustration below depicts the *Duette™* system and its location in your body.

The *Duette™* catheter, which is inserted into your bladder, is connected with a length of tubing to a drainage bag, which is suspended from the bed rail.



This creates what is known as a “closed system.”

- Cushioning balloon inflated with sterile water after insertion to protect the bladder wall from the catheter tip
- Retention balloon inflated with sterile water after insertion to maintain proper position of catheter
- Catheter drainage tube requiring “down-hill” flow of urine
- Inflation ports
- Draw-off outlet tube
- Urine collection bag

**THIS CLOSED SYSTEM IS IMPORTANT.** If you notice kinks or leaks in the tubing or if the catheter and drainage tubing accidentally become disconnected, notify the nurse immediately so necessary precautions can be taken.

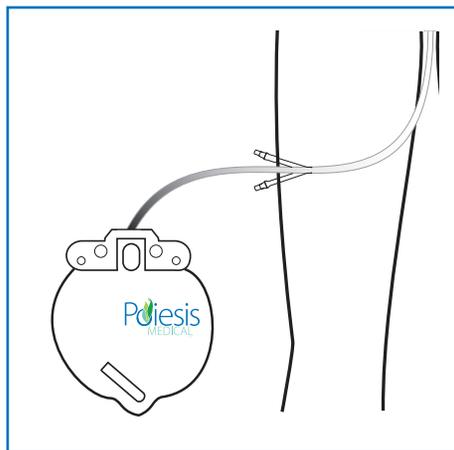
- Report any kinks or leaks in the tubing.
- It is essential the system remain closed.
- If the bag becomes full, notify the nurse.
- Do not let the bag or draw-off outlet tube touch the floor at any time.

Because there are no suction devices or pumps connected to the closed system, proper urine flow from the bladder into the drainage bag depends on gravity. The position of the drainage tube and bag must maintain a downward orientation at all times. Whether you are moving about in bed, walking, or relocating to a chair, you must always be sure the bag maintains a position below your bladder. If you are hospitalized or in a care facility, nursing staff will periodically drain the collection bag—you should not **try to empty the drainage collection bag yourself.**

#### COLLECTION DEVICES

After installation of the *Duette™*, the catheter drainage tube will be attached to a urine collection bag.

- Position catheter tubing to prevent kinks or loops.** When getting into



bed, hang the collection bag beside the bed, being sure the bag is below bladder level. Do not hang bag from movable bed rails; hang the bag on the bed frame instead.

- Large drainage bags should be used in a medical facility setting and for overnight.
- Always keep urine bag below the level of the bladder** when ambulatory to prevent urine from flowing back into the bladder from the tubing and urine bag. Urine backflow can cause infection.
- Avoid tugging or pulling on the tubing** since this can cause bleeding and injure the urethra. To avoid stepping on the tubing while walking, hold the tubing coiled in one hand with the urine bag below bladder level. Clipping the tubing to clothing may also help.
- A catheter securement device or tape** may be used to fasten the catheter tubing to the patient’s leg to prevent tugging or pulling of the tubing.

#### EMPTYING THE DRAINAGE BAG

- Wash hands using soap and warm water.
- Remove the bag drainage tube from its protective pouch.
- Unclamp and drain into the toilet.
- Close the clamp and replace the tube in its pouch when the bag is empty.

#### GENERAL HYGIENE

- Always wash hands**, using soap and warm water, before and after catheter care.
- Showers are permitted with catheter in place.**
- Avoid baths until catheter is removed.**
- Keep skin and catheter clean** to prevent bacterial proliferations. Skin area where catheter enters the body

should be cleaned twice daily and after every bowel movement.

- Wear cotton underwear** to allow good air flow and drying in the genital area.
- Drink plenty of liquids.** Drink at least 8 cups of healthy liquids each day at a rate of 8 ounces every 2-3 hours while awake rather than just when you feel thirsty. For most people, healthy liquids include water, juices, and milk. Limit caffeine (coffee, tea, soft drinks, sports drinks) since it may increase urination, causing excess loss of body fluids.
- Avoid things that can irritate the bladder**, such as alcohol and chocolate.

#### IT IS IMPORTANT TO REMEMBER:

- DO NOT pull, twist, or disconnect your catheter or drainage bag tubing.
- Immediately notify your nurse if you notice leaks in the system.
- At all times, drainage bag must remain below the level of your bladder.
- Always keep drainage bag in an upright position—do not place bag on its side.
- Notify the nurse if the drainage bag becomes full. **DO NOT EMPTY THE DRAINAGE BAG YOURSELF.**

#### CALL YOUR HEALTHCARE PROFESSIONAL

- If your urine is cloudy, foul smelling, or has bright red blood in it
- If you have pus-like discharge around the catheter
- If the catheter is not draining after attempted irrigation
- If your catheter comes out
- If you experience severe bladder spasms\*

#### \*BLADDER SPASMS

Sometimes a standard Foley catheter can stimulate bladder contractions. The unique double-balloon feature of the *Duette™* is designed to greatly reduce the likelihood of bladder spasms.