

# My urinary catheter passport

Keep this with you. Make sure you take it with you to your appointments.

You will need to write in the **blue boxes** only.  
**Red boxes** are for your nurse to write in.



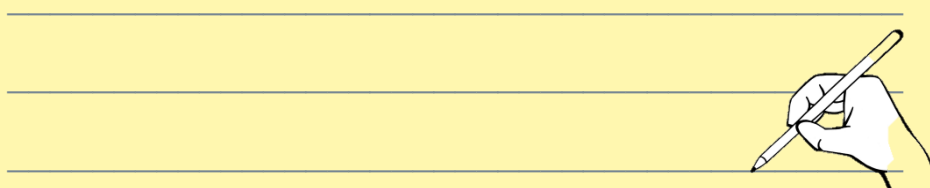
**My details...**

My name is: \_\_\_\_\_



**Home**

My address is: \_\_\_\_\_



My NHS number is: \_\_\_\_\_

If you don't know your NHS number, ask your doctor or nurse.



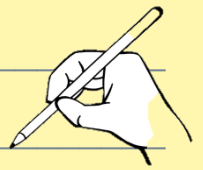


My birthday is: \_\_\_\_/\_\_\_\_/\_\_\_\_



I have allergies. They are:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



### My doctor and nurses contact details

Your nurse will write these boxes below for you.

Nurses' name: \_\_\_\_\_

Phone: \_\_\_\_\_

Out of hours phone: \_\_\_\_\_



Doctor's name: \_\_\_\_\_

Phone number: \_\_\_\_\_

Hospital consultant's name:

\_\_\_\_\_



### **Why do you need this passport?**

It tells you how to look after your catheter.  
Your nurse will write in your passport.  
Remember to take it if you go to hospital.



### **What is a catheter?**

It is a tube that takes (drains) wee from your bladder into a bag.  
This is attached to your leg.



### **Why do I have a catheter?**

You have a catheter because your bladder is not able to empty properly.

There are lots of reasons why this will happen. A nurse will write in your passport why you have your catheter.

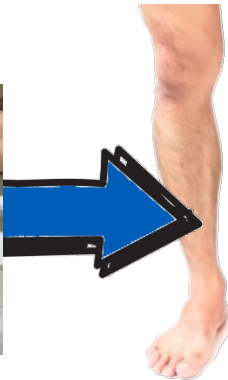


### **Looking after your catheter is very important to help stop infections.**

- Wash your hands with soap and water before and after you touch it.



- Carefully wash and dry around your catheter every day.
- Empty the bag into a toilet when it is almost full or if you feel uncomfortable.
- Make sure the bag is fixed on your leg using the special straps.
- You can wear the catheter at the top or bottom of your leg. Speak to the nurse so you have the right length tube.
- Make sure the tube is not twisted or pulling.



You will need to change your catheter bag once a week. The nurse will show you how.

The nurse can also show you how to use a night bag for when you go to sleep.



### What should my wee look like?

It should be light yellow.

**1 to 3 is healthy.**

4 to 8 and you need to **drink more.**





If you are worried about the colour or smell of your wee, speak to your doctor or nurse.



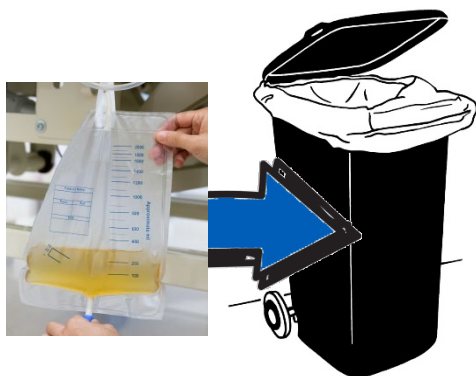
### **What to do if wee is not going into the bag...**

- Try moving the bag down your leg.
- Check that the bag is not full.
- Speak to the doctor or nurse.



### **Can I still have sex if I have a catheter?**

Yes you can. Ask your doctor or nurse for advice.



### **What to do with used catheter bags...**

Put them in a plastic bag. These can go in your normal rubbish bin.



If you are worried about anything speak to your doctor or nurse.





## My catheter information

These boxes in red will be filled in by your doctor or nurse.

All health workers should write details about your catheter in this passport and also in your nursing and/or medical record.

Writing everything in this passport will help all health workers work together to help you.

### Your first catheter:

Why I have a catheter:	
Date and place of first catheterisation:	
Catheter type and size:	
Current drainage system and ordering codes:	
Leg bag:	
Night bag:	
Catheter valves:	

Any problems experienced during catheterisation:	
Details of how to obtain catheter equipment (your healthcare professional may discuss this further with you):	

## Catheter change

Date:	
Type of catheter:	
Size:	
Reason for catheter change:	
Any problems experienced during catheterisation:	
Date of my next planned catheter change:	

## Catheter change

Date:	
Type of catheter:	
Size:	
Reason for catheter change:	
Any problems experienced during catheterisation:	
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# Need help?



**Our Patient Advice and Liaison Service (PALS) can help you.**

You can ask a question or tell them if you are unhappy about something.



**Phone:** 0800 030 4550

The team can phone you back.



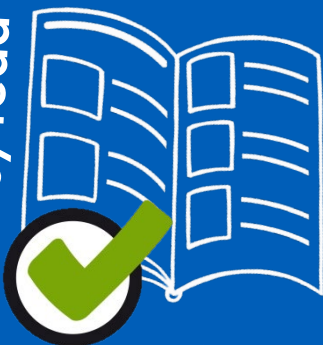
**Email:** [kentchft.PALS@nhs.net](mailto:kentchft.PALS@nhs.net)



**Post:**

Patient Advice and Liaison Service (PALS)  
Kent Community Health NHS Foundation Trust  
Trinity House  
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Ashford  
TN25 4AZ

easy read



**(we care)**

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