

Production

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Information

Call 8-1-1.

URINARY DRAINAGE SYSTEM MAINTENANCE

Purpose of the Urinary Drainage System

The urinary drainage system allows urine flow from your bladder when you are unable to urinate naturally as a result of surgery, prostate disease, urinary tract infection, etc.

The drainage system allows urine to flow from your bladder through a catheter connected to a urine collection bag.

The system consists of 3 parts:

- a flexible catheter inserted in your bladder (indwelling catheter);
- the catheter is equipped with a small balloon to prevent the catheter from exiting your bladder (photo 3);
- a (leg) collection bag is used to securely collect urine flowing from your bladder (photos 1 and 2).

1.



2.



3.



Medical Supply Distributors

Dufort et Lavigne

8581 Marien place
Montréal-Est (Québec) H1B 5W6

Maison André-Viger

6700 Saint-Denis St.
Montréal (Québec) H2S 2S2

Your local pharmacy

References

Document adapted from the following articles

- *Les soins de votre sonde urinaire*, CHU de Québec-Université Laval, 2017
- *Prendre soin d'une sonde dans la vessie*, CHUM, Projet d'information et d'éducation à la santé, chumontreal.qc.ca
- *Entretien d'un système de drainage urinaire*, Méthodes de soins informatisées (MSI)

How to Change the Urinary Collection Bag at Home

- Wash your hands.
- Empty the urine from the collection bag.
- Wash your hands again.
- Place a towel under the catheter and bag tubing connection site.
- Disinfect the connection site with an alcohol pad and let it dry completely.



- Place the new urine collection bag near you on a clean surface.
- Disconnect the old bag tubing.
- Connect the new bag tubing to the urinary catheter.
- Place a protective cap on the old bag.
- **Close the new collection bag clamp to avoid spills.**
- Attach the collection bag to your leg or bed as required (the bag should not touch the floor).
- Wash your hands again.

Types of Urine Collection Bags

The large or night collection bag

This is a large-capacity bag (2000-3000 ml) (photo 3) that allows urine collection overnight. The bag should be hung next to your bed.

To prevent the risk of falling, this bag should be hung on the same side as the side you get up on or it should be hung from your walker, if applicable.

It is important that the tubing on the bag not hinder your movement. The bag should be hung from your walker on the side opposite to your movement.



The leg or day collection bag

This is a small discreet bag (500-1000 ml) (photos 1 and 2) that is worn under your clothes. It allows you to go about your daily activities. Two elastic bands keep the bag strapped to your leg.

How to Take Care of Your Urinary Drainage System

- Always wash your hands **before and after** handling the urinary catheter or collection bag.
- **Always** position **the collection bag lower than your bladder** so urine can easily flow into the bag.
- Empty the urinary collection bag at least 3 times a day (morning, noon, evening). A bag that is too heavy will be uncomfortable and will not easily be hidden under your clothes. It is best to empty it before it is 2/3 full.
- Avoid creases and twists in the urinary catheter and bag to ensure unimpeded urine flow.

Hygiene Rules

- Wash your genitals (water and mild soap) daily and after bowel movements.
- Avoid stagnant water (bath, pool, spa, etc.). However, you may take a shower. Remove the collection bag for up to 30 minutes daily to take a shower by inserting a plug in the urinary catheter opening.

How to Empty Your Urinary Collection Bag?

- Wash your hands before and after handling the collection bag.
- Open the collection bag to empty the urine into the toilet.
- **For the leg bag:**
Unscrew the cap at the bottom of the bag. It is best to detach the straps from your leg to help drain the bag. Don't forget to screw the cap back on before reattaching the bag to your leg.
- **For the night bag:**
Remove the tubing from its holder and open the clamp for flow into the toilet. Don't forget to close the clamp before replacing the tubing in its holder.

Importance of Keeping the Drainage System Sterile and Closed

- Follow the manufacturer's recommendations for changing the collection bag (from one week to one month, depending on the manufacturer).
- **Change the entire drainage system when completely replacing the urinary catheter.**
- Change your urinary catheter monthly (CLSC, clinic or doctor's office).
- Change the entire drainage system if you notice a problem with the bag (leakage, perforation, etc.).