



## **Catheter Care & Information Sheet**

A catheter is made out of rubber which can irritate your urethral tissue and cause bleeding. To minimize the irritation, apply KY Jelly or Vaseline to the catheter around the area it enters the body. The catheter has a balloon at the end which is within the bladder and it will not come out unless the balloon is deflated. While the catheter is in place you may experience lower abdominal discomfort, urgency to urinate and leaking around the catheter, which are all normal occurrences associated with having a catheter.

Be sure to empty the catheter bag regularly to minimize the chance of urine backing into the bladder. You can shower with a catheter in place and clean the catheter with soap and water. Be careful not to pull or tug on the catheter too hard while cleaning it.

It is very important to stay well hydrated. Minimize your intake of coffee, juice, tea and soda and increase your intake of water.



Call your urologist if: **(908) 751-5939**

1. Your catheter is not draining urine for over 2 hours
2. You develop a fever of 100.5 or more
3. You have an increased amount of red blood or clots in your urine