

Catheter Valves

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Na żądanie ta ulotka może zostać udostępniona
w innych językach/formatach.

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What is a catheter valve?

If you need a catheter to drain your bladder, a catheter valve may be used provided the doctors know that your bladder can hold a reasonable quantity of urine without discomfort or leakage.

The valve fits securely into the end of the catheter and can be opened to allow urine to drain out at regular intervals. The valve is more discreet and comfortable than a drainage bag, allowing your bladder to fill and empty as normally as possible when there is a catheter in place.

How do I use the valve?

The Specialist Nurse will show you how to open and close the valve to drain your bladder. She/he will also discuss how often this needs to be done. If you experience any discomfort from your bladder, you should drain the catheter at that time.

It should be washed in warm, soapy water after use and stored upside down

Who can I contact if I have a problem when I get home?

If you experience any problems related to your surgery or admission once you have been discharged home. Please feel free to contact 4A, 4B or 4C ward for advice from the nurse in charge. They will assist you via the telephone, advise you return to your GP or ask you to make your way to the ED department at Whiston Hospital depending upon the nature of your concern.

4A Ward – 0151 430 1420

4B Ward – 0151 430 1637

4C Ward – 0151 430 1643

Who can I contact for more help or information?

- **Best Health** (prepared by the British Medical Association)
- **NHS Clinical Knowledge Summaries** (formerly known as Prodigy)
- **NHS Direct**
- **Patient UK**
- **Royal College of Anaesthetists** (for information about anaesthetics)
- **Royal College of Surgeons** (patient information section)

Are there any other important points?

This publication provides input from specialists, the British Association of Urological Surgeons, the Department of Health and evidence-based sources as a supplement to any advice you may already have been given by your GP. Alternative treatments can be discussed in more detail with your urologist or Specialist Nurse.

- The valve is only for your catheter and should not be used by anyone else
- Try to drink at least 4 pints of fluid per day
- Avoid constipation by eating fresh fruit and vegetables in your diet

Students

There may be students present during your consultation as part of their on-going training. Please let the staff know if you wish to be seen by a doctor only.

What should I do with the valve?

- Wash your hands thoroughly
- Position the valve over the toilet or receptacle, open the valve and allow the catheter to drain to completion. Wipe the valve with clean tissue and replace it inside your underclothes
- Now, wash your hands again
- If you do not wear close-fitting garments, your catheter should be supported by a strap on the leg about which the Specialist Nurse will give you advice
- Do not allow the catheter to hang down unsupported since this will cause discomfort
- If you drain the urine into a receptacle at home, the receptacle

How should I keep the area clean?

If the catheter goes into the body through the usual opening into the bladder (a urethral catheter), the area around the catheter should be washed with warm water and mild soap twice a day.

On the other hand, if the catheter enters the body through the abdominal wall (a suprapubic catheter), the area around the catheter should be cleaned twice daily, and, if necessary, a dry dressing applied. Your District Nurse will discuss this with you.

You may bathe or shower with the catheter in place. Normally, the valve does not need to be removed from the catheter unless the catheter itself needs removal or changing. If the valve does have to be removed for any reason, it should be washed thoroughly in clean water and dried on a clean paper towel.

What should I do if the valve does not work?

Wash your hands, point the catheter over the toilet or receptacle and remove the valve from the end of the catheter. If the catheter then starts to drain well, your valve may be faulty and you should attach a drainage bag to the end of the catheter (your nurse will show you how to do this) as a temporary measure until a replacement valve can be obtained.

If the catheter still does not drain, you should contact your GP immediately.

Your District Nurse will visit you at home soon after your discharge to check that there are no problems. She will leave a telephone number where she can be contacted if you experience problems with your catheter.