



## Keep the catheter care instructions

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1. Fixing the catheter with the tape, change different part of skin daily to avoid skin irritation and cause broken skin. Male patient is fixed on the top of the lower abdomen or thighs. It is fixed at the upper 1/3 of the thigh for female patients. (Figure 1, II).



2. After changing position, you need to check whether there are kinks, cracks or clogs of the catheter to prevent damage to the urethra and maintain catheter patency.
3. The perineum should be cleansed at least once daily. In female patients, the sides of the labia should be brushed aside and rinsed from the inside out, flush from the urethra to anus, do not use cotton swabs in a back and forth motion to avoid infection, in male patients, cleanse dirt from foreskin to maintain area of catheter insertion unobstructed, if there is excessive secretion, increase frequency of urethra cleaning, if abnormal secretion occurs, please notify the nursing staff immediately.
4. If the patient has no fluid restrictions, the daily intake of water 2000cc ~ 3000cc, and always see whether the sediment or catheter urine leakage scenarios. Patient with no special disease restrictions, we encourage you to have food such as cranberries and vitamin C-rich foods to prevent urinary tract infections.
5. When you walk away from the bed or moving the patient make sure to keep the urine bag below the bladder in place the position, but do not put it on the ground to prevent backflow of urine causing urinary tract infection.

6. The urine bag must be emptied every 8 hours or when it is more than half full, need to be evacuated within the urine bag and close the valve, emptying the bag. Don't touch the tip of the valve or let it touch the container to avoid infection.
7. If there's precipitate in the catheter, you may gently milk of the catheter and use both thumb and forefinger to squeeze the catheter, to avoid catheter occlusion (see Figure III).

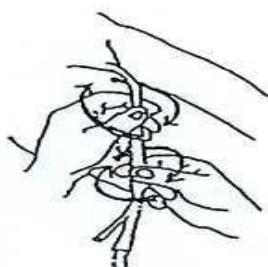


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8. After defecation, Please swipe from the urethra to the anus and clean the area thoroughly to prevent infections.

If you have any question or suggestion, please contact with us. We are happy to provide you services to you. Contact telephone number: Taipei/Danshui MacKay Memorial Hospital/Children's Hospital: (02)25713760; Hsinchu MacKay Memorial Hospital/Children's Hospital: (03)5745098; Taitung MacKay Memorial Hospital: (089)310150 ext: 311. Time of consultant: 9:00 am~12:00 noon, 2:00 pm~5:00 pm Monday ~ Friday.

**May God bless you**