

- Empty leg bags when they are 2/3 full and change the leg bag every 7 days (or sooner if it is contaminated). Use single-use night bags.
- Do not use catheter maintenance solutions unless advised by clinician - breaking the seal between catheter and leg bag increases the risk of infection
- If a catheter sample of urine (CSU) is required, use the needle free sample port
- Report to the GP if there is any discharge from around the catheter site

Thanks to:
Aberdeen HSCP, Department of Medicine for the Elderly and NHS Grampian Bladder and Bowel Specialist Service,

NHS Nottingham West Clinical Commissioning Group,

NHS Nottingham University Hospitals, Nottinghamshire Healthcare,

NHS Foundation Trust, Nottinghamshire County Council.



Scottish Antimicrobial Prescribing Group



Health Protection Scotland is part of National Services Scotland

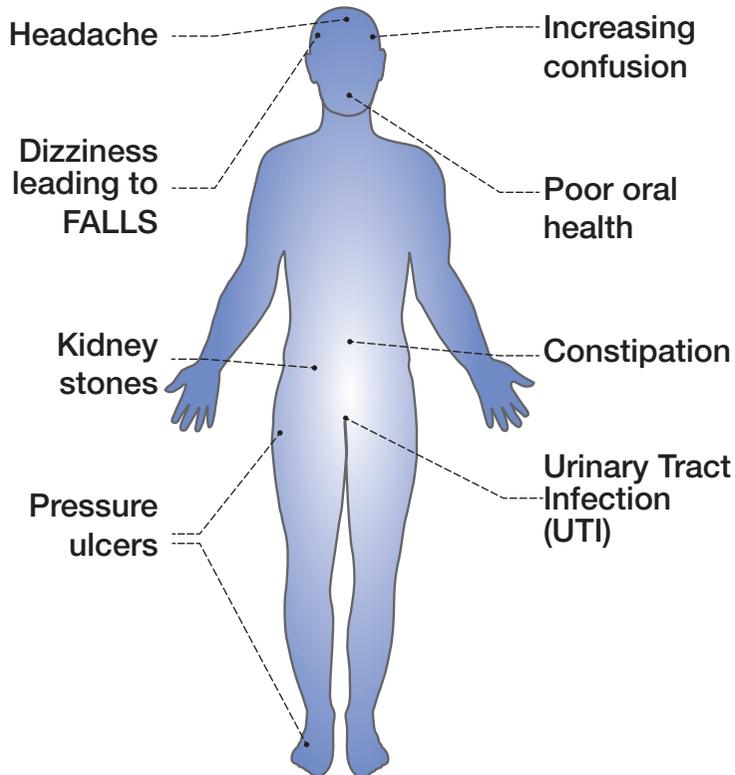
Review date: August 2020



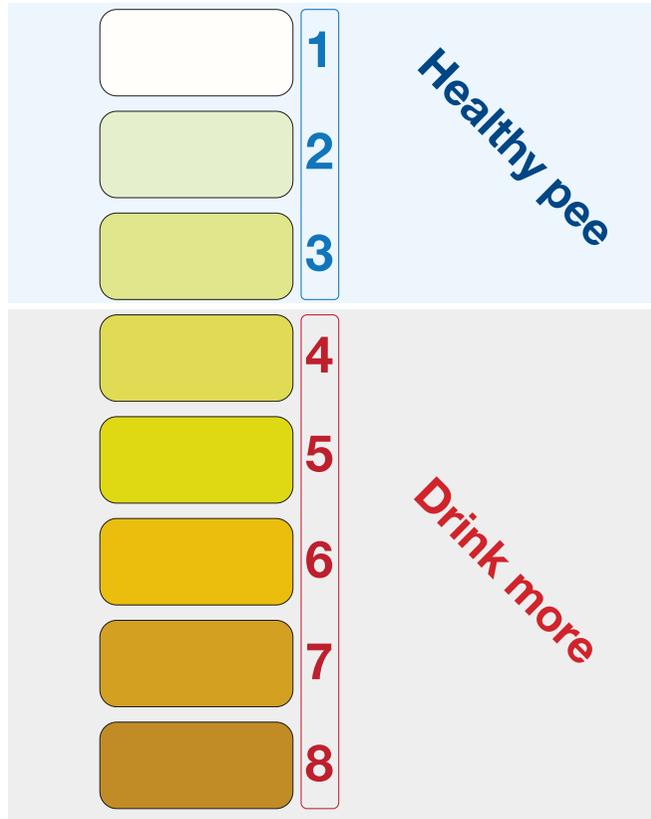
Good personal hygiene will help reduce the risk of UTIs in residents:

- Ensure residents hands are washed and dried before and after eating and after going to the toilet.
- Avoid perfumed soap or hot water when providing personal care.
- Avoid applying talcum powder or creams to the groin (unless prescribed by a clinician).
- For women: always wash from front to back.
- For men: ensure that any foreskin is pulled back, wash and dry the area underneath before replacing the foreskin and washing the rest of the penis.

Effects of dehydration:

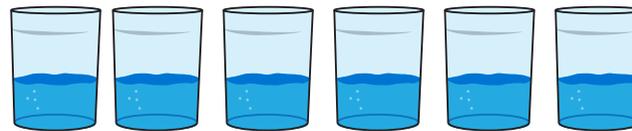


The Urine Colour Chart



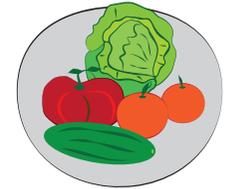
What can you do to prevent dehydration?

- Ensure residents are drinking 6 - 8 mugs of fluids per day.



(Some residents may have been advised to restrict fluid intake if they have a heart or kidney condition. If unsure discuss with GP or Care Home Liaison Nurse (CHLN)).

- Empty bladder regularly throughout the day.
- Mobilise frequently to stimulate the urge to go.
- Promote a well balanced diet to prevent constipation.
- Reduce caffeine intake.
- Review medication regularly.



Residents with a catheter

- The need for indwelling catheters should be assessed on a daily basis and removed if not required.
- **Staff:** before undertaking any procedure related to catheter care, wash and dry hands and then put on an apron and gloves. Wash and dry hands following any procedure related to catheter care.
- Always have a spare catheter in stock .
- If residents are self-caring: ensure they wash and dry their hands before and after any procedure with the catheter, leg bag etc.
- Use aseptic technique when catheterising a patient.
- If infection is suspected dipsticking is not recommended to aid diagnosis.