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Na życzenie, dokument ten można uzyskać w innych językach i formatach.

यह दस्तावेज़ अनुरोध किए जाने पर अन्य भाषाओं और प्रारूपों में उपलब्ध है।

ਇਹ ਦਸਤਾਵੇਜ਼ ਬੇਨਤੀ ਕੀਤੇ ਜਾਣ ਤੇ ਹੋਰ ਭਾਸ਼ਾਵਾਂ ਅਤੇ ਰੂਪਾਂ ਵਿੱਚ ਉਪਲਬਧ ਹੈ।

در صورت درخواست این سند به زبانها و شکلهای مختلف در اختیار شما قرار می گیرد.

یہ دستاویز دیگر زبانوں اور مطلوبہ شکلوں (فارمیٹ) میں بھی دستیاب ہے

مذہ الوثيقة متاحة بلغات اخرى وباشكال غير الكتابة المقروءة وذلك عند الطلب

You may also find our other Specialist Continence leaflet series useful.

You can view or download them from the Trust's website at:

www.nottinghamshirehealthcare.nhs.uk/continence-advisory-service

Specialist Continence Services/Community Nurse contact details:

Specialist Continence Advisory Service

Local Partnerships



Patient information leaflet Number 11

What is a Catheter Valve?

Advice for patients



What is a Catheter Valve?

Notes

A Catheter Valve is a tap like device which fits into the end of your catheter (urethral or supra-pubic). It is an alternative to a drainage bag. It allows your bladder to continue to store urine and is emptied by releasing the valve.

NOTE

Catheter Valves are not suitable for everyone with a catheter. Your Nurse will be able to discuss with you if it is suitable for you.

What are the benefits of a catheter valve?

- It is more discreet than a leg bag.
- It may reduce the risk of infection and blockage by allowing the intermittent flushing of urine.
- It helps to maintain your bladder function as it allows your bladder to fill and empty.
- If the plan is to remove your catheter, using a valve may help you regain your bladder control.

When should I open my catheter valve?

- When you feel you need to pass urine.
- Before going to bed at night.
- If you wake at night and you need to pass urine.
- First thing in the morning.
- Prior to opening your bowels (this reduces leakage around the catheter).

With a fluid intake of 1.5 to 2litres (3 to 4pints) during the day you should release your catheter valve at least 4 hourly. If you drink extra fluids or are on diuretic medication you will need to release the valve more often.

How do I support my catheter valve?

- It is very important to make sure the catheter valve is always supported so that it does not get trapped or pulled.
- You can use a catheter support strap or you can support your catheter valve by tucking it into your underwear.
- You do not need to keep the catheter valve lower than your bladder when it is not being emptied.

How and when to change your catheter valve?

- Change the valve every 7 days.
- Wash and dry your hands.
- Empty your bladder by opening the valve.
- Pinch the end of the catheter using thumb and index finger and remove the old valve.
- Open a new valve and connect the new valve avoiding touching the connecting end.
- Check that the valve is closed.

Can catheter valves be used with drainage bags?

YES - you can attach leg bags or 2 litre night drainage bags to the catheter valve—you must remember to leave the tap open to enable the urine to drain.

Some people use catheter valves in the day and also at night. If you produce a lot of urine at night it may be better to attach a 2 litre night drainage bag to the end of the catheter valve and use the bag over night.

Some people use a combination of a valve and a leg bag. Your Nurse will advise you.

Disposal of valves

In hospital or care homes - Dispose of in clinical waste.

At home - Place old valve into a plastic bag and then into the dustbin. Do not burn on open fire.

Drinks

To ensure your catheter drains well you should drink at least 7-8 glasses or 1.5 to 2 litres every day. Water and fruit juice are better than tea or coffee. Cranberry juice is known to help reduce the risk of infection, check with your nurse if it is suitable for you (especially if you are on Warfarin or have diabetes).

Hygiene is very important

- Wash skin daily in the area where the catheter enters your body using mild soap and warm water or have a bath/shower.
- You can bathe or shower with a catheter valve in place.
- Women should always wash from front to back.
- Men should wash carefully under their foreskin.

Sex and catheters

Sexual intercourse is possible. Empty your bladder using your catheter valve. Both partners should wash their genitalia area before and after intercourse.

Men - you can gently secure the catheter with tape along your penis and apply a condom. It may help to use a water soluble lubricant (K-Y Gel).

Women - you can tape the catheter out of the way towards the abdomen.

Problems with your catheter valve

No urine draining when catheter valve is opened or leakage of urine around the catheter (by-passing), check:

- Your catheter is not trapped.
- You are not constipated.
- The catheter has not been pulled.
- Try opening the valve again to drain your bladder.

If you have any concerns relating to this please contact your nurse for advice.

Further Information

Further useful information can be accessed on the NHS website: www.nhs.uk

What to do if you have a problem with your continence products?

Please contact your District Nursing Team using the details on the back of this leaflet.