

## CARE OF CATHETER VALVE

A catheter valve is a device used to drain urine from a urethral or supra pubic catheter, as an alternative to a drainage bag. The valve is opened by using a small lever. This allows the urine to drain while holding the valve in a downward direction. The bladder is emptied via the valve every 3-4 hours during the day.

You may empty the bag during the day when you feel the 'urge' to pass urine. If you do not get the 'urge' to pass urine the valve must be released every 3-4 hours.

At night an overnight bag is attached to the valve, the valve is then opened. This allows the urine to drain into the overnight bag to ensure that the bladder does not overfill and you are able to sleep through the night.

It is important to maintain a good fluid intake – 2 litres per day. This ensures a high urine output which reduces the risk of infection and blockage of the catheter.

Keep the catheter clean by showering daily. If there is a discharge or inflammation around the catheter site (SPC) please inform the nurse or doctor.

The catheter (urethral) should be secured to the thigh with a catheter strap or tape.



### CLEANING THE VALVE

- ◆ The valve requires changing at every change of catheter i.e. every four weeks.
- ◆ Rinse the valve under cold running water holding the valve open.
- ◆ Store the valve in a clean container with a lid.
- ◆ Before the next catheter change soak the valve in a fresh batch of Milton solution for 1 hour.



#### **Making Milton Solution:**

Add 5ml of Milton to  
400mls of water.  
1:80 strength.

### IMPORTANT POINTS TO REMEMBER

- ◆ Watch for any signs of infection eg.
  - Burning when passing urine
  - Urine smells offensive
  - High temperature
  - Pain in lower back
- ◆ If you think you may have an infection contact Karen Keene RN Practise Nurse Urology Sydney, or your own urologist or GP.
- ◆ Do not remove the valve from the catheter as this will increase the risk of infection.
- ◆ Wash hands thoroughly before releasing the valve and attaching the overnight bag.
- ◆ Do not let your bladder overfill, release the valve every 3-4 hours.

### EQUIPMENT SUPPLIES

Paraquad Association of NSW  
33-35 Burlington Road  
Homebush NSW 2140 PH-96471966

Paraquad have supplies of catheters, valves and pads.

For an annual joining fee the supplies may be bought at discounted prices.

**Any problems or concerns contact Karen Keene RN Urology Sydney – 02 9587 4888**

