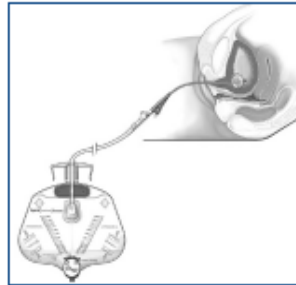


Información Para El Paciente

1. ¿Cómo drena el catéter la orina fuera del cuerpo?

Después de que se inserta el catéter, se usa una jeringa llena de agua estéril para inflar el globo que se encuentra en la punta del catéter. Esto mantiene al catéter en la posición adecuada dentro de la vejiga.

La punta del catéter tiene orificios de drenaje que permiten que la orina salga de la vejiga a través del tubo de drenaje y sea recolectada en la bolsa dispuesta para tal fin. Este sistema de catéter, tubo y bolsa de drenaje se llama "sistema cerrado". Está diseñado específicamente para ayudar a evitar infecciones urinarias.



2. ¿Qué cuidados debo tener?

El personal de enfermería sabe qué deben hacer para cuidar de usted, pero hay algunas cosas con las que puede ayudar: si el catéter o el tubo de drenaje se desconectan accidentalmente o si la bolsa cae o toca el piso, AVÍSELE A LA ENFERMERA DE INMEDIATO para que pueda tomar las medidas necesarias y corregir la situación.

Dado que el flujo de orina de la vejiga a la bolsa de drenaje depende de la gravedad, debe conservarse en todo momento la "pendiente" en descenso de la vejiga a la bolsa. Si está de pie o caminando, DEBE ASEGURARSE de que la bolsa de drenaje le quede debajo de la cintura.

Avísele a la enfermera cuando la bolsa se llene. NO LA VACÍE POR SU CUENTA, dado que debe seguirse una técnica especial. Todos los días, el personal vaciará la bolsa y limpiará el catéter, el tubo y la piel que rodea al catéter.

3. ¿Qué debo recordar?

- No desconecte el catéter ni el tubo de drenaje; no hale de ellos ni los tuerza.
- AVÍSELE a la enfermera INMEDIATAMENTE si observa alguna fuga o pliegue en el sistema.
- Mantenga la bolsa de drenaje debajo de la línea de la cintura, ya sea que esté recostado, de pie o sentado.
- Avísele a la enfermera cuando la bolsa se llene. NO VACÍE LA BOLSA POR SU CUENTA.
- Recuerde preguntarle a la enfermera todos los días si es necesario un catéter Foley.

4. ¿Qué es una Infección urinaria asociada con el catéter?

Cuando el catéter introduce al cuerpo gérmenes externos, puede haber infección. Para evitar infecciones, la enfermera DEBE lavarse las manos antes de tocar el catéter, y los catéteres deben quitarse lo antes posible.

5. ¿Cuáles son los síntomas de una infección urinaria?

- Ardor o dolor al orinar, dolor en la parte baja del estómago
- Sangre en la orina
- Fiebre repentina
- Necesidad de orinar con más frecuencia o ganas repentinas de orinar que no se pueden contener, una vez que se le ha quitado el catéter

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Covidien Inc, 15 Hampshire Street, Mansfield, MA 02048 USA.

www.covidien.com

REV 02/2011



Catheterization Un-Complicated

Tips and Techniques in Preventing Complications

en Instructions For Use
es Instrucciones de uso



Always Follow Your Facility's Standard Protocol

1. Set up clean work area



1a Perform hand hygiene. Put on non-sterile gloves.



1b Pick up under-buttocks drape by edge, without contaminating contents, and place under the area to be prepped with shiny side down

2. Prepare patient



2a Place the fenestrated drape shiny side down over the genital area with the urethral area visible.



2b Remove non-sterile gloves. Put on sterile gloves.



2c Squeeze bellows syringe to apply lubricating jelly. Fully lubricate catheter prior to insertion.

Catheterization Tips and Techniques in Preventing Complications

3. Insert catheter



3a Take forceps and separate 5 cotton balls. Open prepping solution and pour over cotton balls. Prep patient using each soaked cotton ball only once.



3b Proceed with catheterization according to facility guidelines.



3c After urine return, insert 1 inch. Inflate balloon with water-filled syringe to anchor catheter. Gently pull to feel for resistance.



3d Remove backing and apply securement device to inner thigh.

4. Secure collection device



4a Secure drainage bag to bed frame below the level of the bladder to ensure unimpeded flow. Do not allow bag to touch floor.



4b Adjust the sheet clip to ensure the extra tubing is looped on the bed, providing constant downward flow.



4c Remove gloves, dispose of supplies, perform hand hygiene.



4d Fill in name and date of insertion on tag and wrap around drain tubing above the area of the drainage bag.

Tips To Reduce Catheter-Associated Urinary Tract Infection

- Cleanse hands before and after any manipulation of the catheter or site.
- **Do not touch anything** which is non-sterile once you put on sterile gloves.
- Make sure the tip of the catheter is well lubricated for easy insertion and to help prevent damage to the urethra.
- **Do not** reinsert catheter if first insertion was unsuccessful.
If the catheter is inserted into the female patient's vagina by mistake, leave it there as a marker until a new catheter is properly placed in the urethra.
- Whenever possible, maintain a closed sterile drainage system after insertion.
- Make sure the catheter drains. Verify that tubing is not kinked or twisted.

Patient Education

1. How does a catheter drain urine from the body?

After the catheter has been inserted, a small balloon at the tip of the catheter is inflated by a syringe filled with sterile water. This maintains the proper position of the catheter inside the bladder. There are drainage holes in the tip of the catheter so urine will drain out of the bladder through the drainage tubing and down into the drainage bag. This system of catheter, tubing, and drainage bag is called a "closed system". It is specifically designed to help prevent urinary tract infections.



2. What care must I take?

The nursing staff knows what they must do to care for you, but there are a few things you can do to help; if the catheter and drainage tubing accidentally disconnects; or the bag falls or touches the floor, **notify your nurse at once** so the necessary steps may be taken to correct the situation.

Since the urine flow from the bladder to the drainage bag depends on gravity, a "downhill" position must be maintained at all times. If you are standing or walking you **must be sure** that the drainage bag stays below your waist.

Notify your nurse if the drainage bag becomes full. **Do not empty the bag yourself**, as a special technique must be followed. The staff will empty the bag and clean the catheter, tubing, and skin around the catheter daily.

3. What points should I remember?

- Don't disconnect, pull on, or twist the catheter and drainage tubing.
- **Notify your nurse immediately** if you notice any leaks or kinks in the system.
- Keep the drainage bag below the level of your waist, whether you are lying, standing or sitting.
- Notify your nurse if the drainage bag becomes full. **Do not empty the bag yourself.**
- Remember to ask your nurse daily if a Foley catheter is necessary.

4. What is a catheter-associated urinary tract infection (UTI)?

When a catheter introduces outside germs inside the body, it can cause an infection. To prevent infections hands **must** be washed before handling a catheter and catheters must be removed as soon as possible.

5. What are the symptoms of a urinary tract infection?

- Burning or painful urination, lower stomach pain
- Bloody urine
- Sudden fever
- Frequent or more urgent urination after catheter is removed