

Contenance and Infection Prevention and Control team

Catheter valves



What is a catheter valve?

A catheter valve is a small device that acts as a tap which fits directly onto your catheter.

It allows you to store urine (pee) in your bladder until you release it; this means you do not need to wear a drainage bag.

A catheter valve can be used whether the catheter is permanent or temporary.

What are the benefits of using a catheter valve?

- A catheter valve is more discreet and comfortable than a leg bag.
- You can open the catheter valve to drain your urine into a toilet.
- You do not need to wear a drainage bag.
- It may reduce the risk of infection and blockage.

Your specialist nurse will need to make sure that a catheter valve is the right choice for you.

To do this, they may need to:

- Check how well your kidneys are working with a simple blood test
- Keep track of what you drink
- Measure how much urine (pee) you are passing.

By doing these things, your specialist nurse can make sure that the catheter valve will be safe and effective for you.

How do I use a catheter valve?

The specialist nurse will show you how to open and close the valve to drain your bladder.

During the day, you will need to:

- Open the catheter valve whenever you need to pee, such as before you go to bed at night and first thing in the morning
- Open the catheter valve at least every four hours or more if you drink a lot
- Open the catheter valve before you poo, as this will minimise leakage around the catheter (bypassing).

How do I wear a catheter valve?

You can tuck the catheter valve into your underwear, or you can wear a leg strap on your upper thigh to support the catheter valve. Leg straps are available on prescription from your general practitioner.

You do not need to keep the catheter valve lower than your bladder when it is not being emptied.

What about at night?

A night drainage bag can be attached to the open valve so that urine can drain free during the night. This is helpful if you pass a lot of urine during the night.

How do I change my catheter valve?

The specialist nurse will show you how to open and close the valve to drain your bladder before you change the catheter valve for the first time. They will tell you how often this needs to be done.

- Wash your hands thoroughly using soap and warm water before starting the procedure.
- Release the catheter valve and empty into the toilet.
- Remove the catheter valve and replace with a new one - you must change your catheter valve every seven days.
- Wash your hands thoroughly again using soap and warm water.

You should drain the catheter if you experience any discomfort from your bladder.

How do I store the catheter valve?

You must store the catheter valve in its original packaging in a dry, cool place away from direct sunlight.

Do not use the catheter valve if the original packaging has been damaged.

What should I do with my used catheter valve?

You should put your used catheter valve in paper or in a plastic bag before putting it in the bin with your rubbish.

How can I help to stop infections?

- Keep the area clean – wash the skin in the area where the catheter enters your body with water and unperfumed mild soap every day.

- Wash your hands with soap and warm water before and after touching your catheter equipment.
- Drink plenty of water and other fluids.
- Eat a balanced diet so you do not become constipated.
- Do not put creams, antiseptics, and talc around the area.

What are the signs of a problem?

- A painful, burning sensation around the catheter site.
- Stomach pain.
- High temperature (38 degrees centigrade or above) or feeling shivery.
- A feeling of being full.
- Leaking of urine around the catheter valve.
- Blood-stained urine.
- Discharge.
- Smell.

You **must** contact a healthcare professional if you have signs of a problem.

Contact information

Please contact your healthcare team if you have any problems, questions, or concerns.

Community Catheter Care Team
Bath Street health & Wellbeing Centre
Warrington
WA1 1UG

Catheter team mobile number: 0774 878 3118

Halton Adult Bladder and Bowel Service
HCRC
Oaks Place
Widnes
WA87GD

Office telephone number: 01744 624930
Catheter team mobile number: 0791 822 3518

Infection Prevention and Control Team

Bridgewater Community Healthcare NHS Foundation Trust
Spencer House
Dewhurst Road
Warrington
WA3 7PG

Office telephone number: 01925 946161

**For impartial and confidential advice or information on the services provided by
Bridgewater or to receive this leaflet in an alternative format call our Patient
Services team on 0800 587 0562.**