



GASHER | NeuroBridge

Your Bridge to Safe Rehabilitation at Home

Neurological Rehabilitation Department – Dorot
Dorot Geriatric Medical Center

URINARY CATHETER CARE AT HOME

Clean • Safe • High Quality of Life

Simple steps – greater safety and peace of mind.



What is a catheter?



Why is this important?

- Prevents infections
- Keeps the skin clean and dry
- Reduces complications
- Supports quality of life

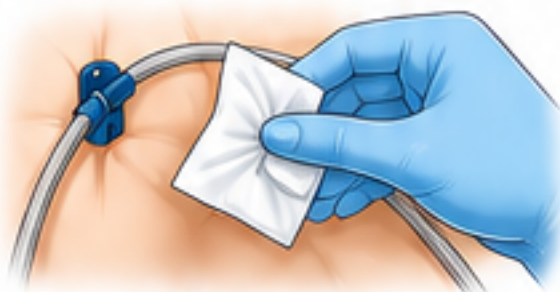
8 STEPS TO TAKE CARE OF YOUR CATHETER

1 WASH YOUR HANDS



- Wash your hands thoroughly with soap and water before and after touching the catheter or drainage bag.
- Or use alcohol-based hand rub.

2 CLEAN THE AREA AROUND THE CATHETER



- Clean the area around the catheter with mild soap and water.
- Use gentle wipes once daily or when needed.
- Wipe from front to back.
- Do not use powders or creams unless instructed by your doctor.
- Do not pull or move the catheter.

3 SECURE THE BAG PROPERLY



- Keep the bag below the level of your bladder at all times.
- Make sure the tube is not twisted, kinked or blocked.
- Allow enough slack so the tube is not stretched.
- Avoid placing the bag on the floor.

4 EMPTY THE BAG REGULARLY



- Empty the bag when it is 1/2 to 2/3 full, or as instructed.
- Before opening the drain – wash your hands.
- Open the drain port and let the urine flow out.
- Close the port tightly after emptying.
- Record the amount and appearance of the urine, if instructed.

5 DAILY CARE



- Drink enough fluids (unless your doctor advised otherwise).
- Eat a balanced diet.
- Maintain personal hygiene and wash daily.
- Prevent constipation – it can increase the risk of infection.
- Wear loose, comfortable clothing and underwear.

6 AVOID TUGGING OR TWISTING THE TUBE



- Do not pull or twist the tube.
- Do not press or place pressure on the tube.
- Make sure the tube is not caught in clothes or under pillows.
- Check the tube regularly.
- Contact your medical team if there is any problem.

Do not pull the catheter out yourself! If it comes out by accident, contact your doctor immediately!

7 WARNING SIGNS – CONTACT YOUR DOCTOR



- Fever or chills
- Pain or burning in the bladder
- Bloody urine
- Cloudy, foul-smelling or unusual urine
- Decreased urine output
- Pain in the lower back or abdomen
- No urine drainage from the tube

Do not wait – contact your doctor or go to the nearest medical center!

8 REMEMBER!



- Proper catheter care helps prevent infections and improves quality of life.
- Follow the instructions you received from your healthcare team.
- You are not alone – we are here to help you all the way.

Better care today – a better life every day.



GENERAL TIPS

- Keep the catheter and bag clean and away from dirt. ✓
- Empty the bag according to your needs. ✓
- Avoid placing the tube inside or below the level of the bladder. ✓
- In case of leakage – contact your medical team. ✓
- Always communicate with your healthcare team. ✓

HOW CAN WE HELP YOU?



- For any question or concern – we are here to listen and support.
- Contact the medical team if you notice a change in your condition or any problem.
- Do not hesitate to ask for help.

WE ARE HERE FOR YOU



Our goal is to provide you with attention, support and safety in the comfort of your home.



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Reliable information and guidance at every step – towards a safer and more successful recovery at home.

