

# BARD® A Guide for Patients

BARD® Comprehensive Care  
Managing Urinary Catheters  
and Drainage Systems



# Care plan

Name	
Address	
Postcode	
Nurse's Name	
Contact Number	Hospital:  Nurse:  GP:  Bard Nurse Advice Line: 0808 168 4048
SCRIPT-EASY® Orderline (For Free Home Delivery)	0800 0121 699
Emergency Number	
Catheter Size	
Catheter Type and Code	
Leg Bag Catheter Valve Bed Bag	
Notes	

## Why people need a urinary catheter

Many people need to be catheterised at some stage in their lives.

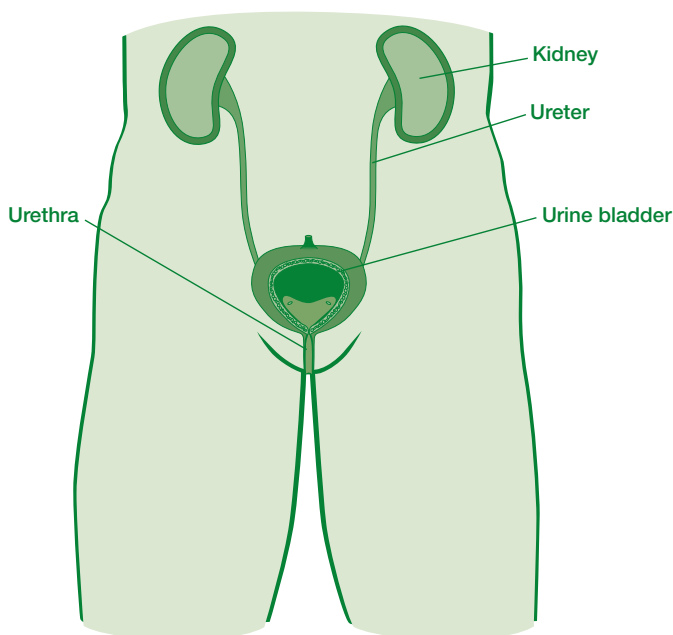
It may be that your bladder muscle has lost the ability to contract enough to completely empty your bladder. Alternatively, you may need an indwelling Foley catheter following an operation, or because of a health condition you were born with.

Catheterisation is, therefore, a technique which helps people who cannot control or have difficulties emptying their bladder to get on with their lives.

## How your bladder and kidneys work

Our kidneys filter waste products from the blood to produce urine. This is passed to the bladder via two tubes called ureters. When the bladder is full, urine is passed through the urethra (waterpipe) and out of the body.

If your bladder does not work properly, sometimes urine can be left behind. If this urine is not removed it can become stale and may cause infection and discomfort. It may also cause some back pressure on your kidneys. Using a Foley catheter, will allow your bladder to be emptied.

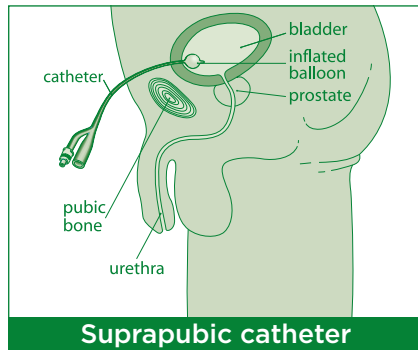
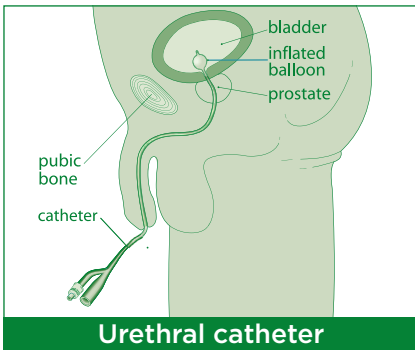


# Urinary catheters

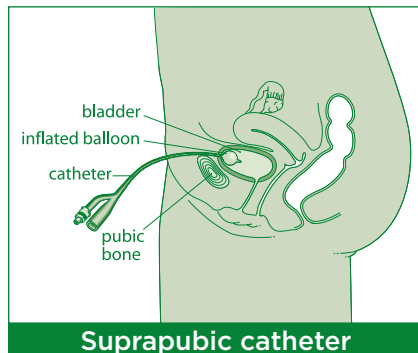
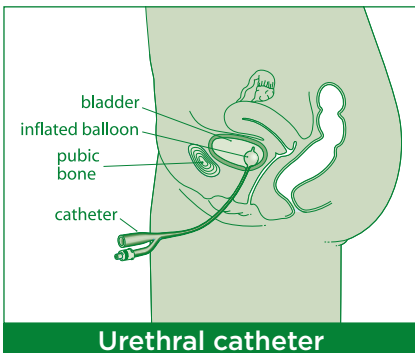
A Foley catheter is a hollow flexible tube, which drains urine from your bladder. The catheter reaches the bladder either by passing through the urethra, or through a channel made in the abdominal wall, just above the pubic bone (suprapubic catheterisation).

Once the catheter is in place a small balloon at the catheter tip is inflated inside the bladder to prevent the catheter falling out. As urine fills the bladder it drains down the catheter into a drainage bag or catheter valve. You should not need to pass urine in the usual way when you have a catheter in place.

## Male catheterisation



## Female catheterisation



## Types of Foley catheter



**All Silicone Catheter**



**Latex Catheter  
with coating**



**Prefill Catheter**

There are different types of Foley catheters which are made out of different materials and coatings. These are summarised below.

### Short term catheters

These are only left in the body for up to 28 days<sup>3</sup>, and are made of latex coated in PTFE<sup>†</sup>. The new anti-infective BARDEX<sup>®</sup> I.C. Foley Catheter with BARD<sup>®</sup> Hydrogel and BACTI-GUARD<sup>®</sup>\* Silver Alloy Coating can also be used for up to 28 days<sup>3</sup>.

### Long term catheters

These can be used for up to 12 weeks<sup>3</sup>, they are made from materials that better resist the build up of encrustation such as hydrogel (BIOCATH<sup>®</sup> Foley Catheters and LUBRI-SIL<sup>®</sup> Foley Catheters) and All Silicone Foley Catheters.

## Reducing the risk of infection

### Urinary tract infections and your Foley catheters

Your Foley catheter is manufactured to the highest standards and is designed to be as comfortable as possible. With careful use it will function effectively until it is either removed or replaced. One issue that needs to be recognised is, that as the environment we live in is full of micro-organisms like bacteria, these can sometimes settle on the Foley catheter or drainage bag and then enter the bladder. This can lead to the development of a urinary tract infection (UTI) symptoms of which are described in the section 'When should I call for help' (Page 15). Please discuss the symptoms with your Community Nurse or family Doctor.

Bacteria in your bladder can sometimes also lead to a blockage in your Foley catheter.

### **BARDEX® I.C. Anti-Infective Foley Catheters with BARD® Hydrogel and BACTI-GUARD®\* Silver Alloy Coating**

To reduce the risk of bacteria entering your bladder, you may be given a special anti-infective Foley catheter which is clinically proven to reduce UTIs. This can in turn reduce the need for antibiotics and unnecessary admission into hospital.

Silver has an exceptionally long history of use in medicine and was considered to be very powerful before the advent of antibiotics. As such, silver has been recognised and utilised by many cultures as a unique properties metal, due to its germicidal effects, which kill many microbial organisms. The BARDEX® I.C. Anti-Infective Foley Catheter with BARD® Hydrogel and BACTI-GUARD®\* Silver Alloy Coating can be used for up to 28 days<sup>3</sup>, after which it should be replaced.



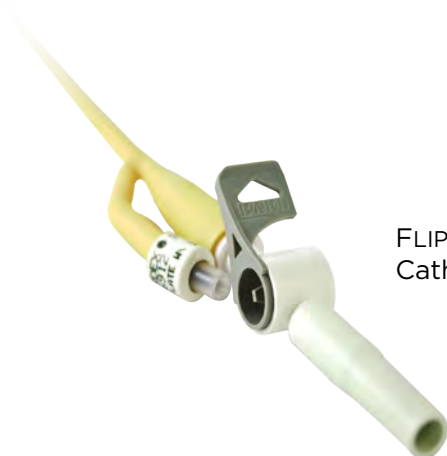
## Types of catheter drainage system

There are different types of drainage systems to use with your catheter, these include catheter valves and drainage bags.

### Catheter valves

The FLIP-FLO<sup>®</sup> Catheter Valve is a tap like device, which fits into the end of your catheter (urethral or suprapubic); it can be used whether your catheter is permanent or temporary. The FLIP-FLO<sup>®</sup> Catheter Valve offers an alternative to using a drainage bag. Your bladder continues to store urine and can be emptied intermittently by releasing the FLIP-FLO<sup>®</sup> Catheter Valve, thus helping to maintain normal function of the bladder.

Many people prefer to use a catheter valve, as it is more discreet and comfortable than a leg bag and may reduce the risk of infection and blockage by intermittently flushing the catheter with urine. A catheter valve increases the options available to you for the drainage of urine. If you are likely to have your catheter removed in the future then a FLIP-FLO<sup>®</sup> Catheter Valve may help as your bladder function is more likely to be maintained.



FLIP-FLO<sup>®</sup>  
Catheter Valve



### **How do I use my catheter valve?**

As recommended by your Doctor or Nurse. You should open your catheter valve whenever you feel the need to pass urine; before bed, first thing in the morning (and during the night if necessary) and at least every three hours<sup>4</sup> during the day, as well as before opening your bowels.

### **How do I wear my catheter valve?**

You may find that your catheter valve will tuck into your underwear, alternatively support it with a catheter retainer strap such as COMFASURE<sup>®</sup> Catheter Retainer Strap or STATLOCK<sup>®</sup> Foley Stabilisation Device on your upper thigh.

### **How often should I change my catheter valve?**

The FLIP-FLO<sup>®</sup> Catheter Valve should be changed every 5–7 days<sup>5</sup>, earlier only if damaged.

### **Do I still have to use a URIPLAN<sup>®</sup> Leg or Bed Bag?**

FLIP-FLO<sup>®</sup> Catheter Valves can also be used with a URIPLAN<sup>®</sup> Bed Bag at night or with a URIPLAN<sup>®</sup> Leg Bag during the day if toilet access is likely to be a problem.

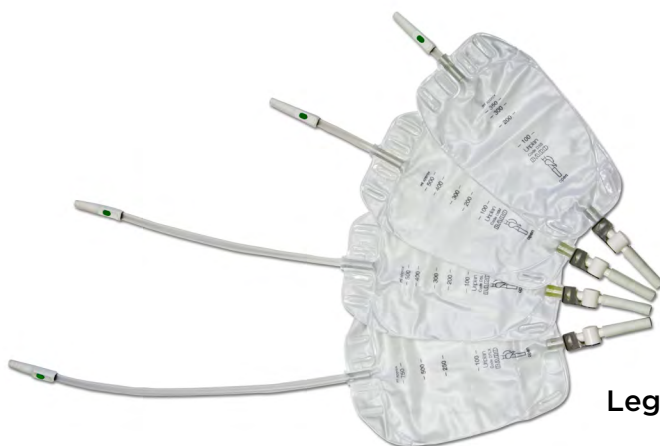
### **Disposing of the FLIP-FLO<sup>®</sup> Catheter Valve**

Empty your bladder then remove the old catheter valve and replace it with a new one. Rinse the catheter valve and place in a plastic bag before disposing of the bag in the household rubbish.

## Drainage Bags

You may need two types of drainage bag with a catheter:

- Leg bag (e.g. URIPLAN<sup>®</sup> Leg Bag), which is worn under your normal clothing during the day
- Bed bag (e.g. URIPLAN<sup>®</sup> ONEMT<sup>®</sup> Bed Bag), to be used at night. The bed bag is larger than a leg bag and is connected to the bottom of the leg bag to collect the urine, which drains from your bladder overnight



**Leg Bags**



**Bed Bags**

### How do I wear the URIPLAN® Leg Bag?

How you wear the leg bag depends on how you feel comfortable: the bag can be attached to your thigh or calf with a pair of leg bag straps or worn inside a special URISLEEVE® Leg Bag holder against the leg. The leg bag comes in three different sizes and four different tube lengths. Your nurse will help you to choose the one that suits you best.

As the leg bag fills it becomes heavier. Do not allow the bag to become too full.

### To empty the URIPLAN® Leg Bag

Firstly wash your hands thoroughly, open the tap at the bottom of the bag and drain it into a toilet or suitable container. Close the tap after you have drained the bag and wash your hands again.



### What happens at night?

At night, connect a URIPLAN<sup>®</sup> Bed Bag to the bottom of the leg bag and open the leg bag tap to allow it to drain freely. Support the bed bag on a stand or support hanger and always keep the bag lower than your bladder, do not allow the bed bag to lie on the floor.

The following morning close the tap on the leg bag and remove the bed bag. The bed bag should then be emptied and disposed of.

### The importance of maintaining a closed system

The catheter and leg bag form a “closed” drainage system, which prevents bacteria getting into the system and reduces the risk of infection. The leg bag should only be disconnected from the catheter when the leg bag needs replacing (e.g. every 5–7 days<sup>5</sup>) earlier only if damaged.

### Disposing of the drainage bags

Empty the bag, remove it and connect a new one. Wrap the bag in a plastic bag before disposing of in the household rubbish.



# Living with your catheter

## Getting started

When you start using your catheter you will probably have the feeling that you need to pass urine or may experience a bladder spasm or cramp from time to time. This usually stops within 24–48 hours and is nothing to worry about.

You may experience a slight urine leak outside of the catheter as a result of a spasm. This is not an emergency providing the catheter is draining, however you should notify your nurse.

## What should I eat and drink?

People with catheters need to take care of their bladder and bowel. Following a healthy diet and eating five fruit or vegetable portions daily as recommended by the Department of Health is important.<sup>1</sup> Ensuring that adequate fluid is consumed may also help. The European Food Safety Authority recommends women should drink about 1.6 litres and men about 2.0 litres of fluid daily.<sup>2\*</sup>

## Problem solving

If no urine is draining into your bag:

- Check the catheter tubing is not kinked or blocked
- Check the drainage bag is below bladder level
- Check the drainage bag is connected correctly and does not need emptying
- Make sure you are drinking enough liquid
- Avoid constipation

<sup>1</sup>Please consult your Doctor before making any changes to your diet.

## Personal hygiene

Wash the area where the catheter enters your body with mild soap and warm water at least twice a day. Dry thoroughly and never use talcum powders or ointments in contact with the catheter, as some ointments can actually damage the catheter (e.g. petroleum jelly). Always wash your hands before and after draining or changing a bag. Do not kink or clamp the catheter.

## How do I support my catheter and prevent it from being pulled out?

Your catheter is held in place by a balloon which is filled with sterile water. To support your catheter and prevent tugging on the balloon it is recommended that you use a catheter stabilisation device such as STATLOCK<sup>®</sup> Foley Stabilisation Device or a catheter strap.

Catheter stabilisation devices can be prescribed by your Nurse or Doctor.



**STATLOCK<sup>®</sup> Foley Stabilisation Device**

## Some frequently asked questions

### **Does a suprapubic catheter need special care?**

The usual advice for caring for any catheter applies with a suprapubic catheter. The area around the insertion should be washed with soap and water daily.

### **Can I have sex with an indwelling urethral catheter in place?**

Intercourse is usually possible for both men and women with a urethral catheter. For women the catheter should be taped out of the way along the abdomen. Men can tape the catheter along the penis and apply a condom, although it may be more comfortable to remove the catheter prior to intercourse and replace it with a new catheter afterwards (your Nurse will show you how to remove and replace the catheter correctly). The drainage bag should be emptied before sexual activity. A suprapubic catheter may make sexual intercourse easier.

### **How should catheters, valves and drainage bags be stored?**

Store catheters, catheter valves and drainage bags in their original packaging in a dry safe place away from direct heat and light.

## Using your catheter on holiday

Make sure that you have enough supply to last you for the duration of the holiday. It is a good idea to pack them in your suitcase, whilst retaining a smaller supply in your hand luggage for easy access. All in one catheterisation kits are now available on prescription and contain all you need for recatheterisation procedure.



**BARD® Tray**  
**Foley Catheterisation Tray**

## When should I call for help?

Usually help should be sought if any of the following occurs:

- The catheter becomes blocked and no urine drains into bag
- The catheter falls out
- Urine keeps leaking around the catheter

## Signs and Symptoms of Urinary Tract Infection (UTI)<sup>6</sup>

- Your urine is cloudy, smelly or feels as if it is burning and this does not improve after drinking more fluids
- You experience acute lower abdominal pain

Always keep a spare catheter at home in case of emergency!

## Where can I obtain my continence products?


The products are prescribed by your Doctor and the prescription can be obtained either at a pharmacy or delivered direct to you through a home delivery service e.g. SCRIPT-EASY<sup>7</sup>. Stock levels of your products should be advised by your Healthcare Professional.



## Product ordering codes


BARD® Tray with BARDEX® I.C. Anti-Infective Foley Catheter, preconnected to a URIPLAN® Leg Bag

Code	Collection System	Length
D23655S12-16	D5S direct inlet	Standard
D23655M12-16	D5M 10cm inlet	Standard
D23655L12-16	D5L 30cm inlet	Standard
D23695S12-16	D5S direct inlet	Female
D23695M12-16	D5M 10cm inlet	Female
D23695L12-16	D5S 30cm inlet	Female




BARD® Tray with BIOCATH® Foley Catheter, preconnected to a URIPLAN® Leg Bag

Code	Collection System	Length
D22655S12-16	D5S direct inlet	Standard
D22655M12-16	D5M 10cm inlet	Standard
D22655L12-16	D5L 30cm inlet	Standard
D22695S12-16	D5S direct inlet	Female
D22695M12-16	D5M 10cm inlet	Female
D22695L12-16	D5S 30cm inlet	Female



BARD® Tray with LUBRI-SIL® Foley Catheter, preconnected to a URIPLAN® Leg Bag

Code	Collection System	Length
D17585S12-16	D5S direct inlet	Standard
D17585M12-16	D5M 10cm inlet	Standard
D17585L12-16	D5L 30cm inlet	Standard
D17615S12-16	D5S direct inlet	Female
D17615M12-16	D5M 10cm inlet	Female
D17615L12-16	D5S 30cm inlet	Female



## Product ordering codes

BARDEX<sup>®</sup> I.C. Anti-Infective Foley Catheters with BARD<sup>®</sup> Hydrogel and BACTI-GUARD<sup>™</sup> \*  
Silver Alloy Coating Foley Catheters with 10mL prefilled syringe of sterile water

Code	Size	Length
D236512S	12-22	Standard
D236514S		Standard
D236516S		Standard
D236518S		Standard
D236520S		Standard
D236522S		Standard
D236912S	12-16	Female
D236914S		Female
D236916S		Female



URIPLAN<sup>®</sup> Leg Bag with 180° lever tap

Code	Capacity	Inlet Tube Length
D3S	350mL	Direct
D3L	350mL	30cm
D5S	500mL	Direct
D5M	500mL	10cm
D5L	500mL	30cm
D7S	750mL	Direct
D7M	750mL	10cm
D7L	750mL	30cm
D7LX	750mL	38cm (adj.)



URIPLAN<sup>®</sup> Bed Bag with 180° lever tap, 2000mL capacity and 98cm inlet

Code	Capacity	Inlet Tube Length
D813131	2000mL	98cm



ONEMT<sup>®</sup> Bed Bag (non sterile) single use disposable bed bag with  
ONEMT<sup>®</sup> Tap (non sterile)

Code	Capacity	Inlet Tube Length
D1MT	2000mL	90cm
D1MT30	2000mL	90cm



URIPLAN<sup>®</sup> Non-Drainable Bed Bag, 2000mL capacity and 90cm inlet

Code	Capacity	Inlet Tube Length
D8420	2000mL	90cm



FLIP-FLO<sup>®</sup> Catheter Valve

Code
BFF5



STATLOCK<sup>®</sup> Foley Stabilisation Device

Code	Size
FOLO102DT	Adult



COMFASURE<sup>®</sup> Catheter Retainer Strap

Code	Size
AD3403	Adult
SM3403	Small
AB3405	Abdominal



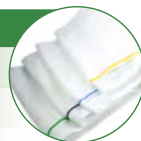
URISTAND<sup>®</sup> Floor Stand

Code
FS3*



URISLEEVE<sup>®</sup> Leg Bag Holder

Code	Size
150111	Small
150121	Medium
150131	Large
150141	Extra Large



\*Not available on prescription

## Useful information

- Your catheter and bags may be obtained on prescription from your doctor
- To register for SCRIPT-EASY<sup>®</sup> Free Home Delivery service simply contact the SCRIPT-EASY<sup>®</sup> Support Team on Freephone: **0800 0121 699**
- Your local Multiple Sclerosis/Parkinson's Disease/Continence Advisor/Urology Nurse Specialists can be contacted via your local Doctors Surgery, or directly
- For further information on BIOCATH<sup>®</sup> or LUBRI-SIL<sup>®</sup> Catheters, BARDEX<sup>®</sup> I.C. Anti-Infective Foley Catheters, FLIP-FLO<sup>®</sup> Catheter Valves, URIPLAN<sup>®</sup> Leg Bags and URIPLAN<sup>®</sup> Bed Bags, URISLEEVE<sup>®</sup> Leg Bag Holder, ONEMT<sup>®</sup> Bed Bag, STATLOCK<sup>®</sup> Foley Stabilisation Device and COMFASURE<sup>®</sup> Catheter Retainer Strap contact Bard Customer Care on: **01293 529 555**
- For continence information in confidence, contact the Nurse Advice Line on **0808 168 4048**

## Useful organisations

### Bladder and Bowel Foundation

**Nurse Helpline for medical advice:** 0845 345 0165

**Email:** [info@bladderandbowelfoundation.org](mailto:info@bladderandbowelfoundation.org)

**MS Society Helpline:** 0808 800 8000

**Email:** [helpline@mssociety.org.uk](mailto:helpline@mssociety.org.uk)

**Parkinson's Disease Society Helpline:** 0808 800 0303

**Shine - Association for Spina Bifida and Hydrocephalus (ASBAH):** 01733 555 988

**The Cystitis and Overactive Bladder Foundation:** 0121 702 0820

**Email:** [info@cobfoundation.org](mailto:info@cobfoundation.org)

## Based on the original by:

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## References

1. [www.gov.uk/government/policies/reducing-obesity-and-improving-diet](http://www.gov.uk/government/policies/reducing-obesity-and-improving-diet)
2. [www.nhs.uk/Livewell/GoodFood/Pages/Water-drinks.aspx](http://www.nhs.uk/Livewell/GoodFood/Pages/Water-drinks.aspx)
3. Bard data on file
4. R. Addison, Catheter valves: a special focus on the Bard FLIP-FLO<sup>®</sup> catheter, British Journal of Nursing 1999 Vol 8, No 9
5. Manufacturers guidelines
6. [www.nhs.uk/Conditions/Urinary-tract-infection-adults/Pages/Symptoms.aspx](http://www.nhs.uk/Conditions/Urinary-tract-infection-adults/Pages/Symptoms.aspx)

*(References above sourced from United Kingdom)*



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**Please consult product labels for any indications, contraindications, hazards, warnings, cautions and directions for use.**

\*The Foley catheters included in the BARDEX I.C. System contain Bacti-Guard<sup>®</sup> silver alloy coating which is licenced from Bactiguard AB. Aquafil, Bard, Bardex, Biocath, Comfasure, Flip-Flo, Lubri-Sil, OneMT, Script-easy, StatLock, Uriplan and Urisleeve are registered trademarks of C. R. Bard, Inc., or an affiliate. Script-easy is the prescription dispensing service operated by Bard Limited Bacti-Guard is a registered trademark of Bactiguard AB. \*Polytetrafluoroethylene. Silastic is a registered trademark of Dow Corning Corporation. All other trademarks are the property of their respective owners. © Copyright 2015 C. R. Bard, Inc. All Rights Reserved. 0115/2349