

**Great Bear**

Healthcare

***Foley Catheter***

**User Guide**

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Healthcare

l Silicone Foley Cathete

Dignity, Respect, Quality & Commitment



## GB All Silicone Foley Catheter

A 100% Silicone 2-way foley catheter with 10ml Balloon, the GB All Silicone Foley Catheter is designed for long-term use.

Available on it's own or as part of the comprehensive GB Cath Kit

# Key Features

The GB All Silicone Foley Catheter comes with a prefilled syringe for inflation and an empty syringe for removal.

## Universal connection

for fitting to any drainage bag

## Radio Opaque Line

for detection in X-rays

## Colour coded inflation port

for clear reference to charrière size

## 100% Silicone

suitable for those with a latex allergy

## Nelaton tip

easy and comfortable insertion

## Integrated balloon

for maximum comfort



# GB Cath Kit

Containing a GB All Silicone Foley Catheter, Libra Leg Bag with strap and GB Fix-it Retaining Strap, the GB Cath Kit has everything you need to effectively and safely perform catheterisation.

With additional items such as lubrication gel, syringes, drapes, gloves and aprons you can be confident that the GB Cath Kit will support clinical best practice when inserting or removing an indwelling catheter.



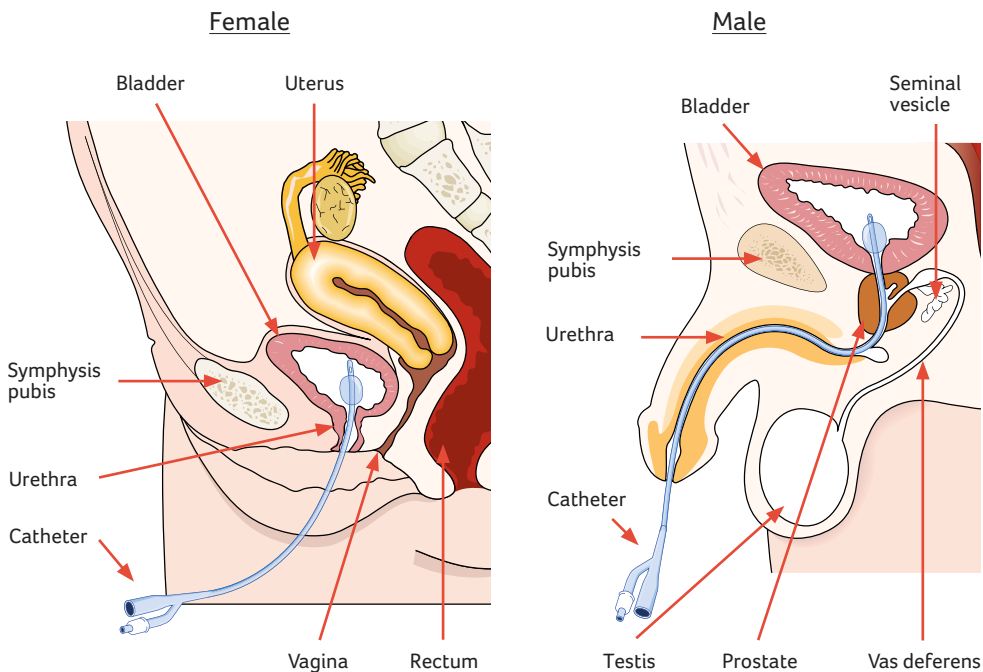
# What is a Catheter?

A urinary catheter is a soft, hollow tube inserted into the bladder to drain urine. In many cases, the bladder is accessed via the urethra but, in other cases, the catheter is inserted directly into the bladder via the abdominal wall. This is known as a suprapubic catheter.

A foley catheter is held in place by a balloon which is inflated after insertion with sterile water or glycerin.

# Why do People Need a Catheter?

For various reasons, some people are unable to empty their bladder by passing urine. This could be down to a health condition or as a result of surgery. In these instances, catheterisation is required to allow the bladder to fully drain and prevent urine retention.



# Male & Female Urinary Tract

The urinary tract is made up of two parts:

## Lower Urinary Tract

The bladder & urethra

## Upper Urinary Tract

The kidneys & ureters

Kidneys play an important part in filtering waste products from blood to produce urine. Urine then passes into the bladder via the ureters. As the bladder fills, people feel the need to urinate and pass urine through the urethra.

In situations where the bladder doesn't work properly, urine can build, causing infection and discomfort. In these situations a foley catheter will allow for the bladder to be emptied.

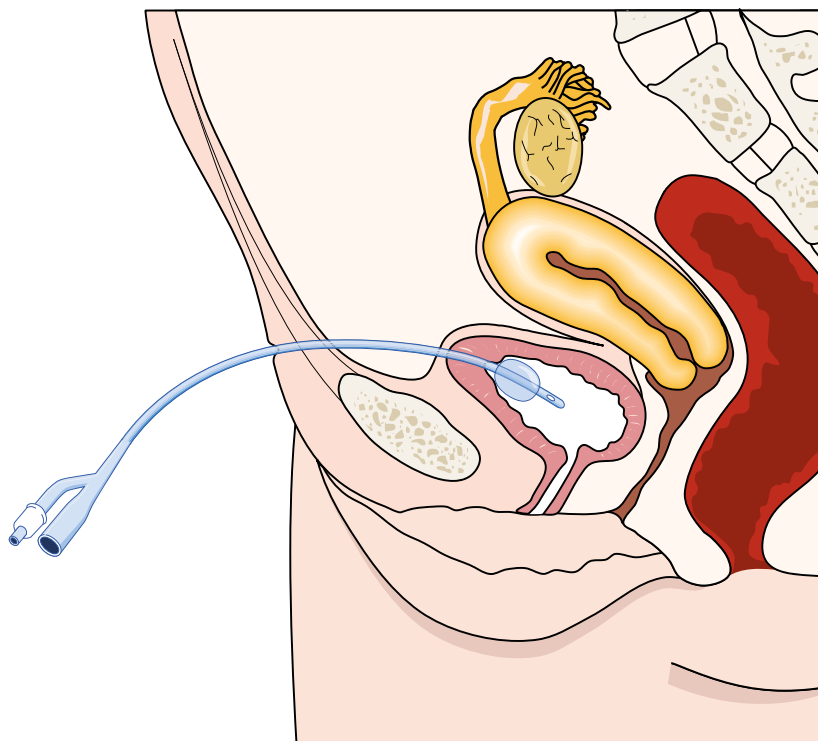


# What is a Suprapubic Catheter?

A suprapubic catheter is a foley catheter that is inserted directly into the bladder via an incision in the abdominal wall.

The same kind of foley/indwelling catheter can usually be used both via the urethra and via a suprapubic incision; check with your healthcare professional if you are unsure. If you are to have a suprapubic catheter inserted, it will be done as a procedure in hospital under local or general anesthetic.

In the same way as an indwelling catheter inserted via the urethra, a suprapubic catheter works by draining urine from the bladder. You will need to have a catheter bag or catheter valve fitted to collect the urine.





# Catheter Lubricant Gel

A catheter lubricant gel can help to make the catheter insertion procedure as comfortable and free from pain as possible.

Catheter gels are available with or without active ingredients.

If you choose a gel without active ingredients they will act purely as a lubricant whereas there are some gels that contain ingredients that can minimise pain and reduce the risk of infection.

Chlorhexidine, which has anti-bacterial properties, can be found in some gels whilst there are some that contain lidocaine, an anaesthetic. Some catheter lubricant gels come with both these ingredients.





## GB Gel Combi

GB Gel Combi is a catheter lubrication gel containing both lidocaine, a local anaesthetic and chlorhexidine, an antiseptic.

This provides users with a comfortable catheter insertion whilst minimising the risk of infection.

# Types of Catheter Drainage

Once a catheter is inserted into the bladder, urine will continually flow through it. There needs to be something attached to the catheter to collect the urine. There are two types of drainage systems to use with a catheter; catheter valves or catheter bags.



## Catheter Valve

A catheter valve is a tap-like device that connects to the end of the catheter.

The bladder continues to store urine and can be emptied intermittently by opening the valve over a toilet, or other receptacle. A catheter valve is a secure comfortable and more discreet alternative to a catheter bag, where there is adequate bladder capacity and sensation. Please speak to your healthcare professional if you want to know if a catheter valve is suitable for you.

# Catheter Bags

There are a wide range of leg bags that can be connected to a catheter to hold urine. A range of sizes are available, from 350ml to 1 litre, depending on urinary output. Once the leg bag is two-thirds full, it should be drained via the outlet tap at the bottom of the bag. Every 5-7 days the leg bag should be changed and replaced with a new one.

## Overnight Link System

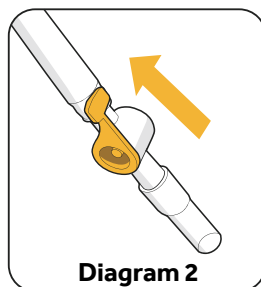
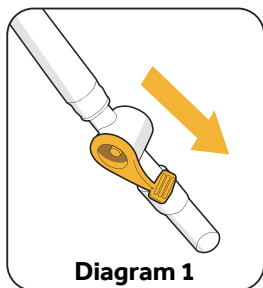
Overnight, you may benefit from a larger capacity catheter bag. There are a range of 2 and 3 litre night bags that can be connected to the leg bag, or catheter valve, as part of an overnight link system.



# Connecting the Leg Bag to a Catheter

1. Wash hands
2. Open peel pouch and remove Libra Leg Bag from its packaging
3. Ensure the lever on the outlet tap is in the closed position (Diagram 2)
4. Remove the grey protective cap from the Libra inlet connector
5. Insert the ridged inlet connector into the end of the indwelling catheter. Insert the connector fully to allow a secure connection
6. The Libra Leg Bag should be positioned on the thigh or calf, depending on the tube length, and secured appropriately with the leg bag straps provided.
7. Feed the leg bag straps through the eyelets on the bag and ensure the wavy silicone lines face onto the leg
8. Make sure the inlet tubing isn't kinked which can restrict the flow of urine

**Ensure you do not touch the open end of either the catheter or leg bag connector when connecting, emptying or changing the leg bag as this could lead to infection.**



# Emptying the Leg Bag

Your healthcare professional will be able to advise you on how often you should empty your Libra Leg Bag. The frequency will depend on your urinary output and what capacity of leg bag you are wearing. If unsure, empty your leg bag when it is two thirds full.

1. Wash hands
2. Empty the Libra Leg Bag by pushing the lever on the outlet tap all the way down to open (Diagram 1, Page 10)
3. Urine will flow from the outlet tap
4. Remember to close the tap fully after emptying (Diagram 2, Page 10)
5. Wash hands



# Disconnecting the Leg Bag from the Catheter

1. Empty the leg bag following the instructions on page 11
2. Squeeze the end of the catheter (behind the funnel) with your thumb and forefinger (Diagram 1)
3. With your other hand, disconnect the leg bag from the catheter (Diagram 2)
4. Wash hands

Diagram 1

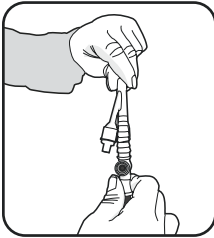
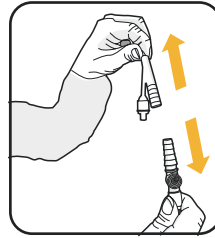
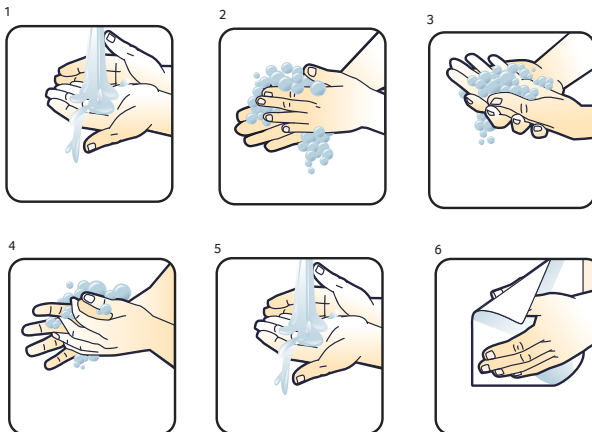


Diagram 2



## Handwashing

Good levels of hygiene are essential when handling your urinary catheter or drainage bag. Ensure you wash your hands thoroughly, in line with the guide below, using an unperfumed soap. Carers and healthcare professionals should follow the Aseptic Non-Touch Technique (ANTT) procedure





# Living with a Catheter

## Sport

There is no reason why you can't lead an active life with a catheter. If you experience any discomfort, refrain from doing that particular activity and speak to your healthcare professional about other suitable alternatives.

## Travel

It is important that you pack enough products to last you the duration of your trip and also to pack some supplies in your hand luggage. You can also obtain a certificate to explain that you are carrying medical appliances for personal use that will help you at customs. Phone Nightingale on 0800 318 559 if you would like a travel certificate.

## Fluid Intake

To keep hydrated drink a minimum of 1.5 litres of water a day or as advised by your healthcare professional.

## Sexual Activity

It is possible to have sex with a catheter in situ. If you are male, place the external length of the catheter along the penis and apply a condom.

If you are female, use surgical tape to hold the catheter out of the way by attaching it to your abdomen.



# Reducing Risk of Infection

Catheters introduce bacteria from outside the body into the bladder. Because of this, Urinary Tract Infection (UTI) rates are higher in those that have a catheter.

Ensuring you maintain a closed system, whereby the leg bag is only disconnected when it needs changing, will help reduce the amount of bacteria getting into the system.

Using the advice within this booklet with regards to hygiene and changing drainage bags will also help keep infection rates down.

## Signs of Infection

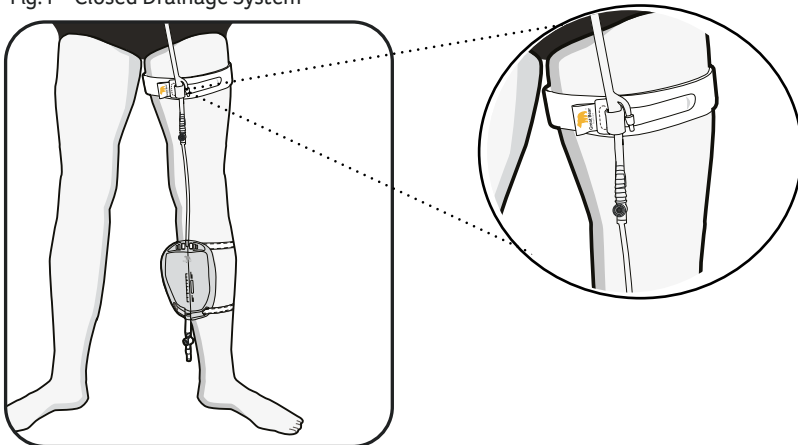
Despite taking precautions to prevent infection, you may develop symptoms that indicate an infection. If you feel unwell and have any of the below symptoms, please see your healthcare professional:

- Urine colour changes
- Cloudy urine
- Offensive smelling urine
- Blood in urine
- Nausea
- High temperature
- Lower abdominal pain

# Key Tips

- Ensure you wash your hands before handling your catheter
- Drink at least 1.5 litres of fluid daily, or as advised by your healthcare professional
- Monitor urine colour – it should be straw-coloured
- Be mindful of drinks that can irritate the bladder such as tea, coffee, alcohol and fruit juice
- Ensure the drainage bag is kept below the level of your bladder
- Avoid disconnecting drainage bags unnecessarily (maintain a closed drainage system (see Fig.1 below) and do not touch the connector)
- Use a securement device, such as the GB Fix-it Strap, to prevent trauma to the urethra
- Eat five portions of fruit or vegetables a day to prevent becoming constipated as this can impact urine drainage
- Follow the ANTT procedure to reduce the risk of infection

Fig.1 - Closed Drainage System



# Importance of Catheter Fixation

The GB Fix-it Retaining Strap is designed to secure indwelling and suprapubic catheters, as well as leg bag tubing with a sheath system. Proper securement is essential to prevent urethral trauma, pain and discomfort.

Do not let your catheter or drainage bag hang unsupported. If you are unsure give our Nightingale customer care team a call, who can arrange for samples of supportive devices to be sent to you to secure the catheter in use.



# Troubleshooting

Please note, you should always consult your healthcare professional if you have any issues with your catheter.

## **What if the balloon won't deflate?**

Refer to local policy/trust guidelines. Soak the catheter for 10 minutes with a suitable catheter maintenance solution to see if there are any encrustations, then try to remove. Insert syringe (with needle) above the valve port into the inflation channel to attempt to deflate the balloon. Refer to GP/A&E as patient will possibly need a cystoscopy

## **What happens if the balloon will not inflate on insertion?**

Remove catheter and re-insert a new catheter from a different batch or a different Charrière size.

## **What happens if the balloon deflates in use?**

In women, the catheter will likely fall out. Report the faulty product to the manufacturer & MDA, complete incident form documenting the batch number.

## **What happens if the balloon will not inflate on insertion?**

It is important that all fragments of balloon are removed. Refer to A&E/ On Call Urology as patient will likely need a cystoscopy.

## **What if the urethra starts to bleed?**

If bleeding on insertion, remove the catheter and take patient observations (blood pressure, heart rate etc). If the bleeding persists, direct the patient to A&E.

## **What happens if the balloon opens before the catheter is inserted into the bladder?**

If this happens, bleeding, damage and even rupture of the urethra can occur. Remove the catheter and direct to A&E. Patient will need a cystoscopy and there will be a high risk of sepsis - antibiotic cover.

## **What if urine bypasses the catheter?**

Urine leaking around the catheter could be caused by a catheter blockage. If the catheter is blocking frequently, a regime using a catheter maintenance solution may be considered. Bypassing can also be caused by too large a Charrière size, kinking of the catheter or bladder spasms.

# Order Codes

## GB All Silicone Foley Catheter - Prescription

2-way for long term use - Adult. With pre-filled syringe of purified water for balloon inflation and supplementary syringe for balloon deflation

Code	Length	Charrière	Balloon Size	PIP Code
4833-0512	Standard	12Ch	10ml	408-6138
4833-0514	Standard	14Ch	10ml	408-6203
4833-0516	Standard	16Ch	10ml	408-6112
4833-0518	Standard	18Ch	10ml	408-6153
4833-0520	Standard	20Ch	10ml	408-6187
4833-0522	Standard	22Ch	10ml	408-6161
4833-0524	Standard	24Ch	10ml	408-6229

## GB Cath Kit- Prescription

Procedure pack containing GB All Silicone Foley Catheter, Libra Leg Bag, GB Fix-it, GB Gel Combi and insertion and removal packs

Code	Description	Charrière	Qty	PIP Code
GBCK12ST	GB Cath Kit 10ml Balloon Short Tube	12Ch	1	421-3195
GBCK12LT	GB Cath Kit 10ml Balloon Long Tube	12Ch	1	421-3179
GBCK14ST	GB Cath Kit 10ml Balloon Short Tube	14Ch	1	421-3203
GBCK14LT	GB Cath Kit 10ml Balloon Long Tube	14Ch	1	421-3187
GBCK16ST	GB Cath Kit 10ml Balloon Short Tube	16Ch	1	421-3211
GBCK16LT	GB Cath Kit 10ml Balloon Long Tube	16Ch	1	421-3229

## GB Gel Combi- Prescription

Catheter lubrication gel containing lidocaine, a local anaesthetic, and chlorhexidine, an antiseptic. GB Gel Combi helps minimise patient discomfort and risk of infection

Code	Description	Size	Qty	PIP Code
GBGC12	Catheter lubrication gel with lidocaine and chlorhexidine	12ml	1	422-2923

## GB Fix-it Retaining Strap- Prescription

Code	Size	Qty	PIP Code
10644A	Medium (45cm)	5	348-9184
10645B	Long (80cm)	5	348-9192
10646C	Short (35cm)	5	348-9176
10647D	Adjustable (150cm)	5	383-4819

## Libra Leg Bags - Prescription

All prescription Libra Leg Bags come with fabric backing and one pair of leg bag straps as standard

Code	Capacity	Tube Length	Qty	PIP Code
10130G	350ml	Direct Inlet	10	361-2991
10131H	500ml	Direct Inlet	10	361-3007
10132J	750ml	Direct Inlet	10	361-3015
10133K	1000ml	Direct Inlet	10	361-3023
10100A	350ml	Short (10cm)	10	335-4354
10102C	500ml	Short (10cm)	10	335-4388
10106G	750ml	Short (10cm)	10	335-4347
10104E	500ml	Long (30cm)	10	335-4370
10108J	750ml	Long (30cm)	10	335-4404
10120W	1000ml	Long (30cm)	10	342-9453
10105F	500ml	Adjustable (45cm)	10	335-4362
10110L	750ml	Adjustable (45cm)	10	335-4396
10122Y	1000ml	Adjustable (45cm)	10	342-9461

## Libra Leg Bags - Prescription

Code	Description	Qty	PIP Code
10540A	Libra Lever Catheter Valve with lever action tap	5	342-9487

# How to Order

- All catheters and drainage bags are available on prescription via Nightingale Home Delivery Service
- To place your order call Freephone **0800 304 7434** or visit **[www.nightingaledelivery.co.uk](http://www.nightingaledelivery.co.uk)**
- Please ensure you have your GP details to hand and make sure you have at least two weeks' supply in hand before reordering

Order your  
supplies with  
Nightingale





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