
Catheter Valves

Frequently Asked Questions

What is a catheter valve?

If you need a catheter to drain your bladder, a catheter valve may be used provided the doctors know that your bladder can hold a reasonable quantity of urine without discomfort or leakage. The valve fits securely into the end of the catheter and can be opened to allow urine to drain out at regular intervals. The valve is more discreet and comfortable than a drainage bag, allowing your bladder to fill and empty as normally as possible when there is a catheter in place.

How do I use the valve?

The Specialist Nurse will show you how to open and close the valve to drain your bladder. She/he will also discuss how often this needs to be done. If you experience any discomfort from your bladder, you should drain the catheter at that time.

What should I do with the valve?

First, wash your hands thoroughly. Position the valve over the toilet or receptacle, open the valve and allow the catheter to drain to completion. Wipe the valve with clean tissue and replace it inside your underclothes. Now, wash your hands again.

If you do not wear close-fitting garments, your catheter should be supported by a strap on the leg about which the Specialist Nurse will give you advice. Do not allow the catheter to hang down unsupported since this will cause discomfort. If you drain the urine into a receptacle at home, the receptacle should be washed in warm, soapy water after use and stored upside down.

How should I keep the area clean?

If the catheter goes into the body through the usual opening into the bladder (a urethral catheter), the area around the catheter should be washed with warm water and mild soap twice a day. On the other hand, if the catheter enters the body through the abdominal wall (a suprapubic catheter), the area around the catheter should be cleaned twice daily and, if necessary, a dry dressing applied. Your continence nurse will discuss this with you. You may bathe or shower with the catheter in place. Normally, the valve does not need to be removed from the catheter unless the catheter itself needs removal or changing. If the valve does have to be removed for any reason, it should be washed thoroughly in clean water and dried on a clean paper towel.

What should I do if the valve does not work?

Wash your hands, point the catheter over the toilet or receptacle and remove the valve from the end of the catheter. If the catheter then starts to drain well, your valve may be faulty and you should attach a drainage bag to the end of the catheter (your nurse will show you how to do this) as a temporary measure until a replacement valve can be obtained. If the catheter still does not drain, you should contact your family doctor or continence advisor immediately. Your community nurse can visit you at home soon after your discharge to check that there are no problems. She will leave a telephone number where she can be contacted if you experience problems with your catheter.

Remember

- ~ The valve is only for your catheter and should not be used by anyone else
- ~ Try to drink at least 8 pints of fluid per day
- ~ Avoid constipation by eating fresh fruit and vegetables in your diet

Catheter Valves continued...

Who can I contact for more help or information?

Dr Peter Campbell

Suite 9, level 9, Evan Thomson Building, The Wesley Hospital,
Chasely St,
Auchenflower, QLD 4066
(07) 3367 1608,
www.campbellurology.com.au

The Wesley Hospital, Urology Ward

451 Coronation Drive,
Auchenflower, QLD 4066
(07) 3232 7168
www.uhc.com.au/wesley

The Wesley Emergency Centre

451 coronation Drive,
Auchenflower, QLD 4066
(07) 3232 7333

Greenslopes Private Hospital, Continence Advisor

Newdgate St,
Greenslopes, QLD 4120
(07) 3394 7978
www.greenslopesprivate.com.au

Greenslopes Private Hospital Urology Ward

Newdgate St,
Greenslopes, QLD 4120
(07) 3394 7261
www.greenslopesprivate.com.au

Greenslopes Private Hospital Emergency Centre

Newdgate St,
Greenslopes, QLD 4120
(07) 3394 6777
www.greenslopesprivate.com.au

**The Queen Elizabeth II Jubilee Hospital,
Urodynamics Department**

Kessels Rd,
Coopers plains, QLD 4108
(07) 3275 6346

American Urological Association Foundation

1000 Corporate Blvd, Suite 410,
Linthicum, MD 21090
1800 828 7866
www.urologyhealth.org

Thank you for taking the trouble to read this information sheet. If you are satisfied with the explanation of the test, please sign below and this leaflet will be filed in your chart.

If you wish to retain a copy for you own records, one will be provided.

I have read this information sheet and I accept the information it provides.

Signature

Date
