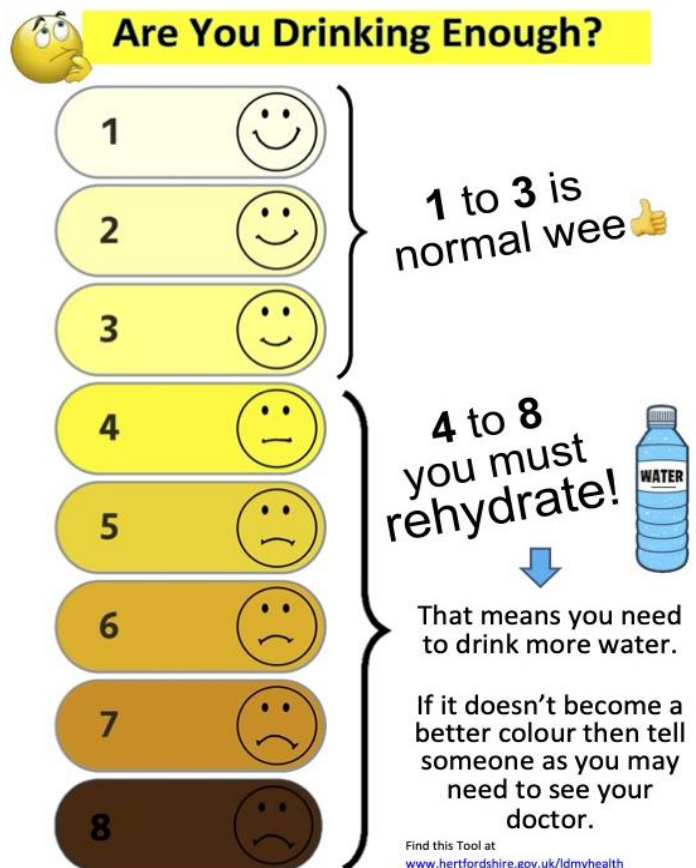


Troubleshooting Guide Urethral and Suprapubic Catheters

This leaflet should be read in conjunction with your Catheter Passport

What can I do daily to reduce the likelihood of problems with my catheter?

- Practice Good Catheter Hygiene. For information on catheter hygiene, please read your urinary Catheter Passport.
- The first thing we recommend is for you to drink plenty of clear fluids such as water or squash, at least 1.5 litres daily. This helps you stay hydrated and should help your catheter work well. Please note if you have been advised to restrict your fluid intake, we would recommend that you stay within the limit that has been agreed.
- The colour of your urine will indicate if you are dehydrated. See the chart on right. If your urine is the colour shown at stage 7 or 8, please contact your GP as severe dehydration can cause kidney injury and may require hospital admission. Dehydration can also result in a build-up of debris in the catheter tubing, causing it to block and subsequently leak.



When would I need emergency help with my catheter?

If you are experiencing sudden new onset of any of the below symptoms, we recommend you seek emergency advice and **call 999**, as these could be **signs of sepsis**, which is a life-threatening condition.

- ☐ Not making sense or confusion
- ☐ Extremely high or low temperature
- ☐ Nausea or vomiting
- ☐ Breathing problems including shortness of breath, or unable to speak in full sentences
- ☐ Fatigue or slurred speech
- ☐ Weak pulse or extremely high or low pulse rate
- ☐ Lower back or kidney pain

When would I need urgent, but not emergency help with my catheter?

- ☐ If your catheter is blocked and you are not passing any urine.
- ☐ If there are blood clots and bright red blood in your catheter tubing and catheter bag.
- ☐ If you are in pain, are bleeding or there is obvious injury because of the catheter being pulled.
- ☐ If you have sudden onset tummy/abdominal pain.
- ☐ If your catheter has come out.

Note: For suprapubic catheters, call immediately to have it replaced to prevent hospital admission, your bladder will close if not replaced promptly.

If you are experiencing any of the above, contact the numbers below immediately for further advice and support.

Monday to Sunday 8am to 10pm

Urgent Community Response

Eastbourne, Hailsham & Seaford 0300 131 4711

Hastings, Rother, and Bexhill 0300 131 5603

**Monday to Sunday 10pm to 8am
NHS 111**

What can I check myself if I think there is a problem with my catheter?

There are some simple steps you can try at home if you, your carer, or someone close to you is confident to try these:

- ☐ Is the catheter tubing kinked, pulled, or restricted by clothing? (Try repositioning the tubing)
- ☐ Is the catheter valve completely closed? (Up is closed and down is open, or side to side)
- ☐ Make sure the catheter tubing is attached to your leg with a fixation or G-strap.
- ☐ Is the catheter leg bag below the level of your bladder? (This will help drainage)
- ☐ Does the catheter drainage bag need to be emptied? (Always try to empty when half full)
- ☐ Have you changed your position? (Sometimes moving and changing position helps)
- ☐ Are you constipated? (This can cause bladder spasms, try laxatives to resolve)
- ☐ Has your catheter been pulled, causing pain, bleeding or injury? (contact the services below)
- ☐ Is there visible build-up of debris/sediment in the catheter tubing? (contact the services below)
- ☐ If your urine is dark, foul smelling, or you are experiencing a burning sensation. These are signs of a urinary tract infection, call your GP.

Note: If you are prescribed oral antibiotics by your GP, it is important to contact your local Community Nursing Team or 111, as you will need to have your catheter changed within 24 hours of starting the antibiotics.

What if the above steps are unsuccessful?

Please contact the services below for further advice:

Monday to Friday 8am to 4pm

Community Nurses

Eastbourne, Hailsham & Seaford 0300 131 4636

Hastings, Rother, and Bexhill

0300 131 4414

**Monday to Friday 4pm-8am
Weekends & Bank Holidays
NHS 111**

Important information

The information in this leaflet is for guidance purposes only and is not provided to replace professional clinical advice from a qualified practitioner.

Consent

Although you consent for this treatment, you may at any time after that withdraw such consent. Please discuss this with your medical team.

Sources of information

NHS Choices Living With Urinary Catheter - www.nhs.uk/conditions/urinary-catheters/living-with
Urine Colour Chart - [urine-colour-chart-updated](#)
[Catheter Problems: Blocked Catheters, Leaks and Infection](#)
[Managing your Catheter and drainage bag](#)
[Catheters at home: managing urinary catheters in the home environment](#)
[Healthcare-associated infections: prevention and control in primary and community care | Guidance | NICE](#)

Your comments

We are always interested to hear your views about our leaflets. If you have any comments, please contact the Patient Experience Team – Tel: 0300 131 4784 or by email at: esh-tr.patientexperience@nhs.net

Hand hygiene

The Trust is committed to maintaining a clean, safe environment. Hand hygiene is very important in controlling infection. Good hand washing or use of hand gel is important before and after touching your catheter.

Other formats

If you require any of the Trust leaflets in alternative formats, such as large print or alternative languages, please contact the Equality and Human Rights Department. Tel: 0300 131 4434 Email: esh-tr.AccessibleInformation@nhs.net

After reading this information are there any questions you would like to ask? Please list below and ask your nurse or doctor.

Reference

The following clinicians have been consulted and agreed this patient information:
Natasha Ewen: Urology Specialist Nurse; Michelle McIntyre: Advanced Clinical Practitioner for Planned Care; Emily Funnell: Advanced Clinical Lead for Urgent Community Response; Sarah Day: Bladder and Bowel Specialist; Tracey Perkins: Bladder and Bowel Specialist; Daisy Pope: Lead Clinical Facilitator

The Clinical Specialty/Unit that have agreed this patient information leaflet:
Urology Department; Bladder and Bowel Service; Community Nursing Team; Urgent Community Response

The directorate group that has agreed this patient information leaflet:
Community Health and Integrated Care.

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Responsible clinician/author: Lisa Gullon, Community Specialist Practitioner District Nurse.

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