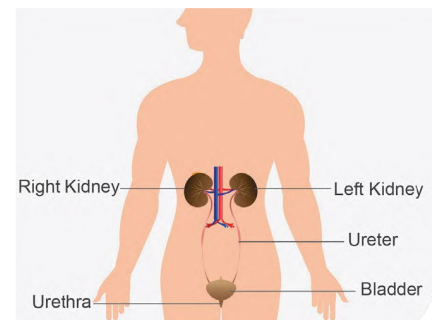


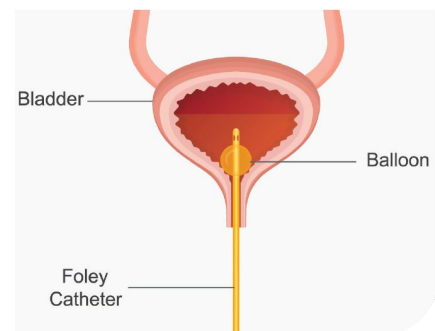
How does my body make and pass urine?

The kidneys make urine (wee). Urine is made up of excess water and other things the body doesn't need. Once the urine is made it is stored in the bladder. Urine is emptied out of the bladder through a narrow tube called the urethra.



What is a catheter?

A catheter is a hollow tube put into the bladder to empty urine. The end of the catheter has a small balloon which is filled with sterile water. This balloon makes sure that the catheter does not fall out. You may need a catheter for a few days or a longer time. Your doctor or nurse will tell you how long you have to have the catheter.



Why do I have a catheter?

You may have a catheter for different reasons. Some of these reasons may be that:

- You have a blockage in your bladder or urethra that does not allow urine to empty.
- Your bladder may not be working properly.
- You are not able to get up and go to the toilet; incontinence pads are not helping.
- Your urinary incontinence has caused problems with your skin.
- You are going to have an operation or have recently had an operation and a catheter was needed.



Talk to your doctor or nurse about why you have a catheter.

How can we help?

There are six Me and My Catheter self-care sheets available.

- Sheet 1- What is a catheter and why do I have one?
- Sheet 2- How do I care for my catheter and bags?
- Sheet 3- How do I change a leg bag and connect the night bag?
- Sheet 4- How can I avoid infections?
- Sheet 5- What do I do if something goes wrong?
- Sheet 6- How can I get more equipment?

If you have any questions or would like to find out about other self-care options, you can contact Bolton Clarke, the National Continence Helpline or your trusted health professional.

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National Continence Helpline 1800 33 00 66.

Free telephone service, provided by the Continence Foundation of Australia, that offers confidential information, advice and support.

This resource was developed in partnership with the Continence Foundation of Australia.

