Empty leg bags when they are 2/3 full and change the leg bag every 7 days (or sooner if it is contaminated). Use single-use night bags.

Do not use catheter maintenance solutions unless advised by clinician - breaking the seal between catheter and leg bag increases the risk of infection.

If a catheter sample of urine (CSU) is required, use the needle free sample port.

Report to the GP if there is any discharge from around the catheter site.

Thanks to:
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Good personal hygiene will help reduce the risk of UTIs in residents:
- Ensure residents’ hands are washed and dried before and after eating and after going to the toilet.
- Avoid perfumed soap or hot water when providing personal care.
- Avoid applying talcum powder or creams to the groin (unless prescribed by a clinician).
- For women: always wash from front to back.
- For men: ensure that any foreskin is pulled back, washed and dry the area underneath before replacing the foreskin and washing the rest of the penis.

Effects of dehydration:
- Headache
- Dizziness leading to falls
- Kidney stones
- Constipation
- Pressure ulcers
- Urinary Tract Infection (UTI)
- Increasing confusion
- Poor oral health

What can you do to prevent dehydration?
- Ensure residents are drinking 6 - 8 mugs of fluids per day.

(Some residents may have been advised to restrict fluid intake if they have a heart or kidney condition. If unsure discuss with GP or Care Home Liaison Nurse (CHLN)).

Residents with a catheter
- The need for indwelling catheters should be assessed on a daily basis and removed if not required.
- Staff: before undertaking any procedure related to catheter care, wash and dry hands and then put on an apron and gloves. Wash and dry hands following any procedure related to catheter care.
- Always have a spare catheter in stock.
- If residents are self-caring: ensure they wash and dry their hands before and after any procedure with the catheter, leg bag etc.
- Use aseptic technique when catheterising a patient.
- If infection is suspected dipstick testing is not recommended to aid diagnosis.