What is a Catheter Valve?

A catheter valve may be used as an alternative to allowing urine to drain freely into a drainage bag. The catheter valve is connected to the catheter outlet. It can be connected to a urethral or suprapubic catheter. Opening the valve at regular intervals drains the urine from the bladder.

Catheter valves are more discreet than leg bags, and because urine is stored in the bladder, not a drainage bag, they can help keep the bladder in good working order.

Catheter valves are not suitable for everyone, so seek professional advice.

There are several things to think about when choosing a catheter valve. Different designs of catheter valves need different degrees of dexterity and strength. Some catheter valves require good eyesight to determine if they are open or closed.

Your nurse or doctor will be able to help you choose the right valve for your individual needs. The valves are available on prescription.

Taking care of the Catheter Valve

Always wash your hands before doing anything with the catheter, valve or drainage bag.

Catheter valves need to be opened at regular intervals to empty the urine from the bladder. This should be done every 2 - 4 hours, but it will depend on how much you have been drinking. If the valve is not emptied regularly the bladder may become 'over full', which can lead to damage of the bladder or kidneys.

At night the catheter valve may be connected to a night bag and the valve turned on. This will allow free drainage and you will not have to wake to empty your bladder.

You will need to change your catheter valve every week or as recommended by your health professional.

Good personal and catheter hygiene is essential. It is important to keep your catheter and the site of entry clean.

Mild unscented soap and water is all that is needed. When possible a bath or shower can be taken and the catheter valve should be left in place.

Avoid the use of talcum powder or antiseptic preparations, and never use oil or petroleum products near the catheter or valve as this may damage it.

A good fluid intake will result in dilute urine, and help prevent constipation, which may cause problems with indwelling catheters. Fruit juices and cranberry juice may also be of benefit.

References

RCN (2013) Catheter Care, RCN guidance for nurses

Yates. A. Nursing Times (2008) 4 Nov, 104(44) pp24-25 Urinary Catheters, part 6 catheter valves

Useful Contacts and Support Groups:
Bladder and Bowel Foundation
SATRA Innovation Park, Rockingham Road, Kettering, Northants, NN16 9JH
Tel: 01536 533 255.
Email: Info@bladderandbowelfoundation.org
Website: www.bladderandbowelfoundation.org
If you would like more information, please contact:

Continence Nursing Team
Shrublands Health Centre
Magdalen Way, Gorleston
Great Yarmouth  NR31 7BP
Tel: 01493 809977
Fax: 01493 418222

Compliments, comments, concerns or complaints

PALS may be the best starting point if you have a question or concern about the NHS. If you would like to find an NHS dentist, know where your nearest doctor is or talk through a problem you have had with a service, you can contact the PALS service.

To contact PALS: Call 01502 718666
Monday to Friday, 8am – 3.30pm
Email: ECCH.patientliason@nhs.net

Or write to:
PALS, East Coast Community Healthcare
1 Common Lane North,
Beccles, Suffolk.  NR34 9BN

If you would like this leaflet in large print, audio cassette, Braille or in a different language please contact Andrea Dawson on 01502 719521 or andreadawson@nhs.net

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Continence Nursing
Service

CATHETER VALVES

Information for Patients

Being treated with dignity and respect is the right of every patient

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