

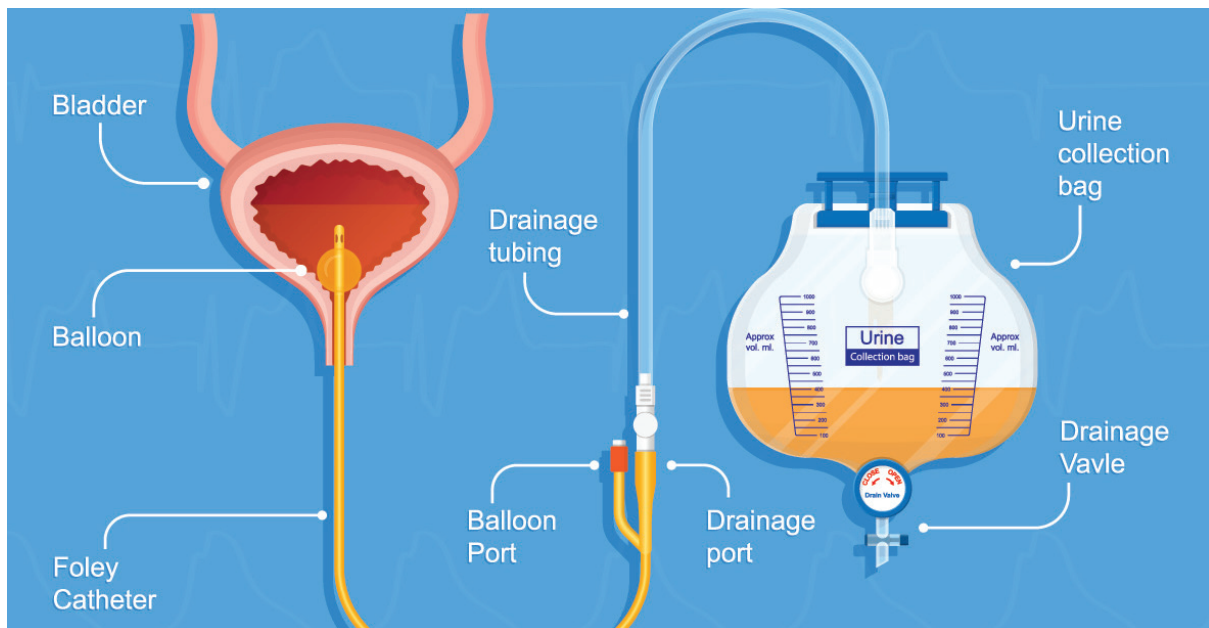
## Care of Indwelling Urinary Catheter (IDC)

### What Is An Indwelling Urinary Catheter (IDC)?

A urinary catheter that is inserted and allowed to remain in the bladder is called an Indwelling Urinary Catheter (IDC). The catheter has a balloon attachment at one end that is in the bladder. After the catheter is inserted, the balloon is filled with sterile water. The filled balloon prevents the catheter from leaving the bladder.

### Who Is In Need Of An IDC?

- Patients with urinary incontinence
- Patients who are immobile or who need to be on complete bed rest
- Patients who have undergone surgery on the prostate or genitals



## **Tips For Taking Care Of Your Catheter**

- Wash the genital area with soap and water daily.
- Do not apply any powder or cream to the area around the catheter.
- Attach the drainage bag on the side of the chair or bed and keep the drainage bag below the waistline or bladder at all times.
- Empty the drainage bag when it is half-filled.
- Wash and dry hands before and after emptying the drainage bag.
- Switch on the tap and empty all urine into the toilet bowl or into a container.
- Switch off the tap and wipe it dry with a clean tissue or toilet paper.
- Change the catheter bag as required.
- Drink at least 1.5 litres / 7 to 8 glasses of water a day unless contraindicated.
- Prevent constipation by taking a high fibre diet.

## **When Should I Seek Medical Help?**

- Fever
- Blood in urine
- Change in colour and smell of urine
- Pain in the lower back and/or lower abdomen

## **Contact Us**

### **24-HR Urgent Care Centre**

Location: Zone A, Level 1, A01-05

Operating Hour: 24 hours, 7 days a week

## Alexandra Hospital

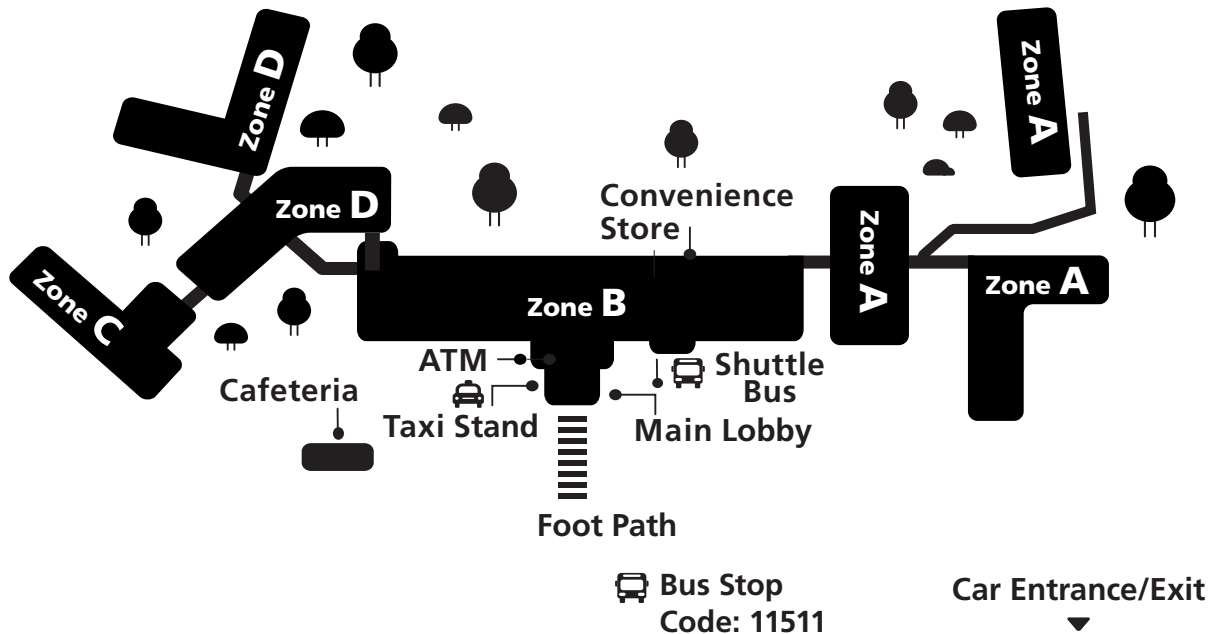
378 Alexandra Road, Singapore 159964

OneNUHS Hotline: (65) 6908 2222

OneNUHS General Enquiries: [contactus@nuhs.edu.sg](mailto:contactus@nuhs.edu.sg)

OneNUHS Appointments: [appointment@nuhs.edu.sg](mailto:appointment@nuhs.edu.sg)

[www.ah.com.sg](http://www.ah.com.sg)



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Scan the QR code to find directions and locate our facilities!

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