

Using a Catheter Valve (Blank) (page 1 of 2)

What is a Catheter Valve?

A catheter valve is a tap-like device, which fits into the end of your catheter (urethral or suprapubic). This can then be attached to a urinary drainage bag so that the valve lies between the end of the catheter and the drainage bag. The valve may be switched on or off to drain urine from your bladder or to stop drainage. Various types of taps are available. The best type will be chosen for you depending on how good you or your carer are at operating it.

Most patients who have a long-term catheter now use catheter valves. It is generally felt the bladder should not be kept empty at all times, because it has been shown that this reduces bladder capacity and tone.

The aims of using a catheter valve are:-

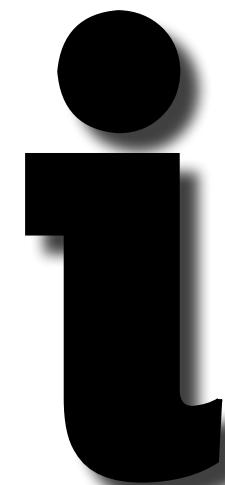
- To get your bladder used to holding a volume of urine again.
- To improve the capacity of your bladder.
- To get your bladder to hold between 300-500ml of urine.
- To have faster flow of urine to aid drainage of bladder debris.
- To have the catheter valve closed off all day, and for you to drain your bladder 4-5 times per day by opening the valve for a couple of minutes (or until drainage stops).

Because of the risk of urine leakage, and autonomic dysreflexia, we suggest that you follow the regime below. You may need to discuss with your consultant whether you need to take medication (such as detrusitol, solifenacin or oxybutynin) to reduce the chance of urinary leakage.

Date		
	Days 1 & 2	
	Days 3 & 4	
	Days 5 & 6	
	Days 7 & 8	
	Days 9 & 10	
	Days 11 & 12	
	Days 13 & 14	
	Days 15 & 16	
	Days 17 & 18	
	Days 19 & 20	

Overnight you can leave the catheter on free drainage. If you get leakage

Contact: The Spinal Centre
Tel: 01722 429291



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You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

Please complete The Friends & Family Test to tell us about your experience at: www.salisbury.nhs.uk/FriendsFamily or download our App from the Apple App store or Google Play Store.

The evidence used in the preparation of this leaflet is available on request. Please email: patient.information@salisbury.nhs.uk if you would like a reference list.

of urine at any stage, drop back down a stage, then build the time back up again.

Open the catheter valve before bowel care, as this will minimise leakage around your catheter.

Remember that the aim is to get your bladder to hold between 300-500ml of urine. If you are drinking at least 3 litres per day, and follow the table you should achieve this aim. If you are drinking less than 3 litres per day, you will need to increase the time the valve is turned off.

You may only reach a certain stage in the catheter valve regime e.g. 1-2 hours of shutting the valve. This is fine as everybody's bladder capacity is different.

You should not consider using a catheter valve if you tend to become easily or severely dysreflexic and you live alone.

Changing the Catheter Valve

You should change the catheter valve every 5-7 days, preferably at the same time that you replace your leg bag. Wash your hands first and then empty your bladder by opening the tap. When urinary drainage has finished you may remove the valve and replace it with a new one.

Living with a Catheter Valve

- You may bathe or shower as usual
- You should drink at least 3 litres per day if you have an indwelling catheter (urethral or suprapubic).
- You may choose to use a catheter valve without a urinary drainage bag, by regularly opening the valve over a toilet/jug or similar receptacle to drain the bladder. A leg strap can be used to support the catheter tubing and catheter valve
- Catheter valves, leg straps and urinary drainage bags are available on prescription.
- Dispose of catheter valves in your rubbish. Do not burn the valves.

For more information or help

Please contact any of the following if you have any questions or if you encounter problems.

Avon Ward -	01722 336262 ext. 2447
Tamar Ward -	01722 336262 ext. 2445
Pressure Clinic -	01722 429291
Community Liaison -	01722 429130

Contact: The Spinal Centre
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