

Indwelling Urinary Catheter 導尿管

Care Advice
護理須知



Gleneagles Hospital

HONG KONG

港怡醫院

Free Shuttle Service 免費專車服務

Gleneagles Hospital Hong Kong provides free shuttle bus service between MTR **Wong Chuk Hang Station** (Exit A) and the hospital (main entrance).
港怡醫院為市民提供免費專車服務往來港鐵**黃竹坑站** (A出口) 及醫院 (正門)。



Free Shuttle Schedule
免費專車服務時間表

Bus 巴士

Gleneagles is within walking distance from various bus stops along Aberdeen Tunnel / Wong Chuk Hang Road and Nam Fung Road.
您可由位於香港仔隧道/黃竹坑道和南風道的各個巴士站步行至港怡醫院。

Available bus services along Aberdeen Tunnel / Wong Chuk Hang Road include: 37B 37X 38 42 42C 70 72 72A 75 77 90 90C
途經香港仔隧道/黃竹坑巴士服務包括：37B 37X 38 42 42C 70 72 72A 75 77 90 90C

Available bus services along Nam Fung Road include: 36 41A 76
途經南風道巴士服務包括：36 41A 76

MTR 港鐵

Gleneagles is within walking distance from MTR **Ocean Park Station** (Exit C).
您可由港鐵**海洋公園站** (C出口) 步行至港怡醫院。



Hospital address

1 Nam Fung Path,
Wong Chuk Hang, Hong Kong

醫院地址

香港黃竹坑南風徑1號

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港怡醫院
Gleneagles Hospital Hong Kong

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港怡醫院保留一切更改以上內容之權利而毋須另行通知。如以上內容與實際情況有偏差，將以本院網站內所提供之資料為準。

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What is indwelling urinary catheter? 甚麼是導尿管?

An indwelling urinary catheter is a hollow, partially flexible tube for collection of the urine from the bladder and leads to a drainage bag. Indwelling urinary catheter is mainly used by people who have difficulty in urination, and for monitoring urine output and emptying the bladder before or after surgery.

導尿管是空心且具彈性的導管，用作收集膀胱之尿液，並引流至尿袋。導尿管主要用於有排尿困難之人士，以及在手術前或後監察尿液排放量和排清尿液。

Types indwelling urinary catheter: 導尿管的種類:

Indwelling urinary catheters are generally made of latex, rubber, plastic (PVC) or silicone. They can be categorised into two main types as follows:

導尿管普遍由乳膠、橡膠、塑膠（PVC）或矽膠製成，並可以分為以下兩大類別：

Indwelling urinary catheters made of latex, rubber or plastic 由乳膠、橡膠或塑膠製成的導尿管

- are usually for the short-term use
較適合短期使用
- are relatively tougher in texture and easily harden
材質較硬而且容易變硬
- are more likely to cause discomfort when indwelled
較易引起不適
- shall be changed every 14 days
每14天需要更換一次

Indwelling urinary catheters made of silicone 由矽膠製成的導尿管

- are usually for long-term use
較適合長期使用
- are relatively softer in texture and do not deteriorate easily
材質較軟而且不易變質
- are less likely to cause discomfort when indwelled
較少引起不適
- shall be changed every 30 days
每30天需要更換一次

Self-care of indwelling urinary catheter: 導尿管個人護理:

- It is best to clean the indwelling catheter twice per day, usually in the morning and in the evening
每天清潔導尿管兩次最為理想，普遍於一早一晚進行清潔
- Equipment required: Mild soap/easy-rinsing shower gel, cleansing pot/bowl, bedpan/urine pad/nursing pad, warm water, clean towel, gloves, cotton tips, alcohol swab, and measuring cup
所須物品：肥皂/易清洗的沐浴乳、沖洗壺/水盆、便盆/尿布/看護墊、暖水、潔淨毛、手套、棉花棒、消毒酒精棉，以及量杯
- Before cleaning, wash your hands with mild liquid soap and warm water, then wear a pair of clean gloves
進行清潔前，先以溫和梘液及暖水清洗雙手，然後戴上清潔手套
- Keep the urethral opening clean by washing it at least twice a day
保持尿道口之衛生，每日最少清潔兩次
- Use a soapy washed cloth to clean the area around where the catheter enters the body, or ideally through a bath or shower:
請使用以梘液清洗過的布清潔導管進入身體位置的周邊範圍，或最理想能透過浸浴或淋浴清潔：

For female patient – Cleaning with mild liquid soap and warm water in rinse bottle from top to bottom (from perineal area → urethral opening → vulva → to anus area), rinse with warm water, then clean and dry gently.

女性病人—使用溫和梘液和暖水，並以沖洗壺由上而下清潔（由會陰部位 → 尿道口 → 大小陰唇 → 至肛門範圍），再以暖水沖洗乾淨，然後輕輕抹乾。

Self-care of indwelling urinary catheter (cont'd):

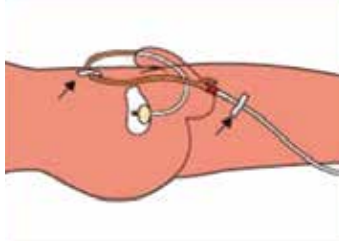
導尿管個人護理 (續):

For male patient – Cleaning with mild liquid soap and warm water in rinse bottle from top to bottom (from glans penis → penis → scrotum → to anus area). Please retract the foreskin to facilitate cleansing and push it back afterwards to avoid swelling.

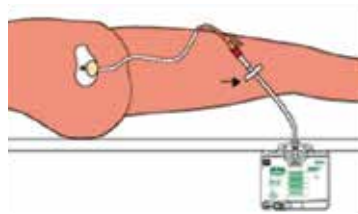
男性病人 – 使用溫和梘液和暖水，並以沖洗壺由上而下清潔（由龜頭 → 陰莖 → 陰囊 → 至肛門範圍）。清洗時請用手固定陰莖並推開包皮以便清洗，再將包皮推回，以免造成腫脹。

- Catheter should be secured at the inner thigh for female patient and the lower abdomen for male patient

導尿管應妥當固定於大腿內側（女性病人）或下腹部（男性病人）



男性 Male



女性 Female

- Empty the drainage bag when needed or when it is two-third full (The weight of a full drainage bag can be painful)
於必要時或當尿袋已有三分之二注滿時清空尿袋（滿載的尿袋重量可能引起痛楚）
- Clean the drainage bag outlet with alcohol swab before emptying it
清空尿袋應先用酒精棉清潔其開關口
- Urine bag should be changed every week
尿袋需每周更換

- Pay attention to the patency of catheter tubing, which should have no kinking or looping, banding and squeezing
請留意導尿管是否暢通，切勿讓導尿管及尿袋之喉管扭結、屈曲，以及受壓迫
- Keep the drainage bag below the level of bladder and connecting tube at all times to prevent retrograde flow of urine from collection bag to the bladder, causing bacterial infection
尿袋須要時刻置於膀胱及接駁管以下位置，以免因尿液倒流入膀胱而導致細菌感染
- The urine bag and outlet should never rest on the floor or unclean places
切勿將尿袋及開關口置於地上或不潔的地方
- Showering daily while bathing and scented soap should be avoided
每天淋浴，但切勿浸浴及使用香皂
- Disinfect the urethral opening after showering
洗澡後請消毒尿道口
- Please intake 2.5 to 3 litres of water daily, should there be no restrictions as advised by your doctor
在您醫生允許的情況下，每天攝取2.5至3公升水分
- Sufficient water intake allows natural cleansing of urethra via urinating, which lowers infection risk
充足水分能促進排尿並達到自然沖洗尿道的效果，從而減低感染風險
- No food restriction is required, unless patients have other underlying diseases
除非病人本身有其他疾病，否則無須限制飲食
- Should physical condition allows, patients can resume normal daily activities and exercise moderately
如身體狀況許可，病人可恢復日常起居活動及適量運動

Steps for emptying urine from the urine bag:

清空尿袋的步驟：

1. Wash your hands with soap. If soap and water are not readily available, you can use an alcohol-based hand sanitiser that contains at least 60% alcohol.
用肥皂清潔雙手。如果沒有肥皂和水，請使用含至少60%酒精濃度的酒精搓手液清潔雙手。
2. Use the alcohol swab to disinfect the outlet of urine bag.
用消毒酒精棉為尿袋排放口消毒。
3. Empty the urine inside the bag.
清空尿袋中的尿液。
4. Again, use the alcohol swab to disinfect the outlet of urine bag.
再次用消毒酒精棉為尿袋排放口消毒。
5. Make sure the outlet of the drainage bag never touches the side of the toilet or any containers for emptying urine.
請確保尿袋之排放口切勿觸碰座廁邊緣或任何放尿之容器。
6. Again, wash your hands with soap. If soap and water are not readily available, you can use an alcohol-based hand sanitiser that contains at least 60% alcohol.
再次用肥皂清潔雙手。如果沒有肥皂和水，請使用含至少60%酒精濃度的酒精搓手液清潔雙手。



Changing the urine bag:

更換尿袋的方法：

1. Wash your hands with soap. If soap and water are not readily available, you can use an alcohol-based hand sanitiser that contains at least 60% alcohol.
用肥皂清潔雙手。如果沒有肥皂和水，請使用含至少60%酒精濃度的酒精搓手液清潔雙手。
2. Use the alcohol swab to clean the connection between the urine bag and indwelling urinary catheter.
用消毒酒精棉清潔導尿管與尿袋的連接處。
3. Disconnect the old urine bag and reconnect with the new urine bag.
拆除舊尿袋並重新接上新尿袋。
4. Never touch the opening of catheter and the connector of the urine bag.
換尿袋期間，切勿觸碰導尿管開口處和尿袋接駁口。
5. Check all connections, straighten any kinks or twists in the tubing.
檢查所有接駁口，以確保所有管道沒有扭結或屈曲。
6. Again, wash your hands with soap. If soap and water are not readily available, you can use an alcohol-based hand sanitiser that contains at least 60% alcohol.
再次用肥皂清潔雙手。如果沒有肥皂和水，請使用含至少60%酒精濃度的酒精搓手液清潔雙手。

Seek medical advice immediately if any of the following happens:

如出現以下任何情況，請盡快求醫：

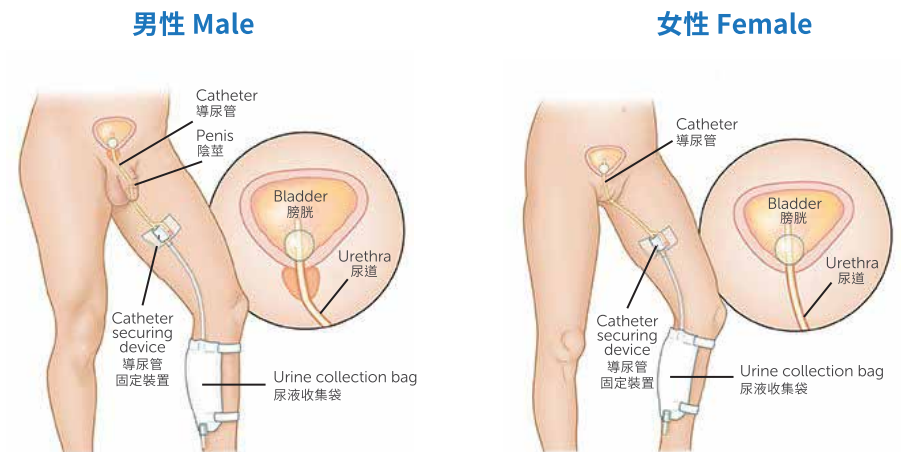
- Haematuria, cloudy urine or foul smell of urine are indicators of potential infection
若尿液帶血、顏色混濁，或發出異味，可能已出現感染情況
- Burning pain at urethral opening or inside the urethra
尿道口或尿道內壁感到灼痛
- Chills and rigor, with fever of above 38 degree Celsius
發冷、發熱，以及發燒達攝氏38度以上
- Leakage of urine from the indwelling urinary catheter or disconnection
導尿管滲尿或脫落
- No urine output from indwelling urinary catheter, with feeling of bladder distension or pain
導尿管沒有尿液排出，並感到膀胱膨脹或痛楚

Steps for changing leg bag:

更換日間尿袋（腳袋）的方法：

1. To reduce the risk of infection, wash your hands before and after touching the indwelling urinary catheter, tubing, or drainage bag.
請於觸摸導尿管、其他管道或尿袋之前及之後清潔雙手，以減低感染風險。
2. Connect the two threads and buttons horizontally and to the four corners of the leg bag respectively.
將兩條帶的鈕扣分別橫向扣上腳袋的四個角。
3. The thicker strip should be fixed to the top of the bag and the thinner strip to be fixed to the bottom of the bag.
較闊的帶子扣在腳袋上方，較窄的帶子則扣於腳袋下方。

4. Strap your leg bag to your thigh or calf (positioning below the knee and above the ankle).
將腳袋繫於大腿或小腿（膝蓋之下及足踝之上的位置）。
5. Stabilise the leg bag to your leg with Velcro tapes.
以魔術貼穩定腳袋於腿上。
6. To prevent blockage of circulation, please do not tighten the straps too hard.
請勿束帶過緊，以免妨礙血液循環。
7. Put the leg bag inside the trousers.
將腳袋收藏於褲管內。



Follow-up: 覆診:

- Please visit Gleneagles Hospital Hong Kong (Gleneagles) for follow-up as scheduled
請按指定時間及日期到港怡醫院覆診
- If you would like to cancel or reschedule the follow-up appointment, please contact the Urology Clinic during office hours
如欲取消或更改覆診時間，請於辦公時間聯絡港怡醫院泌尿科門診
- During non-office hours, please contact your attending doctor or visit Gleneagles' 24-hour Outpatient and Emergency Department for medical attention
於非辦公時間，請聯絡您的主診醫生或到港怡醫院24小時門診及急症室求診
- Should there be any emergency situation, please seek medical attention from the A&E nearby
如遇上緊急情況，請到就近急症室求診



References

參考資料:

- How Should I Take Care of My Indwelling Urinary Catheter?
<https://www.webmd.com/a-to-z-guides/indwelling-urinary-catheter#1>
- Hand washing in the community setting
<https://www.cdc.gov/handwashing/when-how-handwashing.html>
- Urinary Catheter Care Guidelines
https://www.southernhealth.nhs.uk/_resources/assets/inline/full/0/70589.pdf
<https://www.drugs.com/cg/foley-catheter-placement-and-care.html>

***** By appointment only 敬請預約 *****

Urology Clinic – Specialist Outpatient Clinic 泌尿科專科門診

| | |
|---------------------------------|--------------------------------------|
| Location 位置 | Clinic H, 1/F, Tower B B座1樓 – 診所H |
| Opening Hours 開放時間 | |
| Monday-Friday | 9:00am – 6:00pm |
| Saturday | 9:00am – 1:00pm |
| Sunday and Public Holiday | Closed |
| 星期一至五 | 上午九時至下午六時 |
| 星期六 | 上午九時至下午一時 |
| 星期日及公眾假期 | 休息 |
| Appointment Hotline 預約熱線 | +852 3153 9186 |
| Fax 傳真 | +852 3903 3420 |
| Email 電郵 | socuro@gleneagles.hk |