

INFORMATION FOR PATIENTS

How to remove your catheter at home

Your surgeon has recommended that you remove your catheter at home. You should have been shown how to do this before your discharge. This leaflet is a reminder to guide you through the process.

Removing a catheter at home is a straightforward if done carefully and with proper hygiene. Following the steps outlined in this leaflet will help ensure a safe removal process. If you encounter any problems or have any concerns during or after the removal, contact the Urology Outreach Team (see the 'Contact details' section).

Nurse to complete

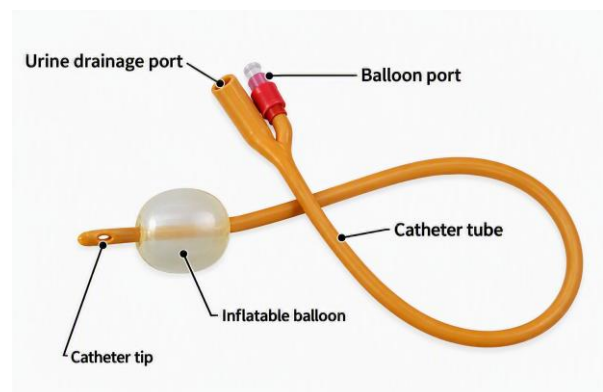
Apply patient label

Catheter balloon volume: _____ mls

The Urology Outreach Team will contact you with a date and time to remove your catheter. Please do not remove it before this date.

What is a catheter?

A catheter is a thin tube that is inserted into the bladder through the urethra to drain urine when you are unable to urinate naturally, and to aid recovery after surgery.



Is it safe to remove my catheter at home?

It is safe to remove your catheter at home if you feel confident to do so and have discussed the process with your nurse.

Please ensure that you understand the instructions given to you, can remove the catheter, have access to a telephone, and can reach the hospital promptly in the unlikely event that there is a problem arising from the process.

Is there an alternative to removing the catheter by yourself?

If you cannot remove the catheter yourself, a urology outreach nurse can be arranged for you for the catheter to be removed.

When to remove the catheter?

A urology outreach nurse will contact you when to remove your catheter. It is important that you have a bladder scan the same day as your catheter is removed, therefore the catheter must stay in place until the date of removal has been arranged by the Outreach Team. It is done typically after the catheter has been in place for a specific amount of time, or once you no longer need it.

Removing the catheter too early or too late can cause discomfort or problems. Prior to removing your catheter, make sure you are well hydrated in the few days before catheter removal.

How do I remove my catheter?

Before you begin:

1. **Wash your hands** thoroughly with soap and water.
2. **Gather all the necessary supplies:**
 - Disposable gloves (optional).
 - A clean towel or pad (to catch any residual urine).
 - A syringe (provided to you prior to discharge).
3. **Make sure you are in a comfortable, private space**, preferably with a clear area to stand up or lie down, such as a shower or bathroom. It may be good to have a mirror if you are unsure about the placement of the catheter and its connections.

Step-by-step instructions for catheter removal:

1. Prepare the area:

- Empty your catheter bag of urine or drain your bladder via the flip flow valve if you have this type with no bag.
- Lay down a clean towel or pad underneath you to catch any potential urine leakage.
- If you feel comfortable doing so, you may want to sit on the toilet or in a relaxed position.

2. Locate the catheter:

- The catheter is secured with the end at the opening of your urethra. It is held in place inside the bladder with a small balloon filled with sterile water. Externally it may be secured to the side of your leg.
- You should see a small connection point where the catheter tubing connects to a drainage bag.

3. Deflate the balloon:

- Before you deflate the balloon, disconnect any securing device on the leg so the catheter is free from any attachment. You do not need to remove the green plug (Spigot) at the end of the irrigation inlet, if you have one.
- To deflate the balloon, find the small balloon port at the end of the catheter. Often there is a colour marking, such as purple, yellow, or red (see the picture below).



- Insert the supplied syringe firmly into the balloon port and gently pull back on the plunger to remove the water in the balloon. Once the syringe is full, discard the water.
- Repeat this step until no further water can be removed from the balloon.

4. Remove the catheter:

- Gently grasp the catheter where it exits your urethra.
- Slowly and steadily pull the catheter out in a straight line. You may feel some slight resistance or discomfort, but it should not be painful. You should not need to tug hard.
- If you feel significant resistance or pain, stop and contact the Urology Outreach Team for advice before continuing.
- Under no circumstance should you reinflate the balloon during the removal process.

5. After removal:

- Once the catheter is completely removed, pat the area dry with a clean towel.
- Dispose of the catheter in a sealed bag.
- Wash your hands thoroughly after handling the catheter.

Care after removal:

- **Fluid intake.** Stay well hydrated by drinking a glass of water (approximately 250mls), every hour.
- **Urinary function.** You should be able to pass urine after one to three hours following the removal of the catheter, depending on your fluid intake. It is normal to experience some discomfort or stinging when passing urine after the catheter is removed. If you have trouble urinating or if you are unable to urinate within a few hours, please contact the Urology Outreach Team for advice.
- **Attend your urology clinic appointment.** As advised by the Urology Outreach Team. A nurse will carry out a bladder scan to make sure there is minimal urine left in your bladder after urinating.
- **Monitor for any problems.** If you develop a fever, contact your GP immediately. It is normal to see some blood in the urine for up to a few weeks after surgery, and as long as you are not passing large clots and your urine is rose in colour or lighter, this is not a cause for concern.

Contact details

If you have any queries, please telephone the **Urology Outreach Team on 01623 622515, extension 2429, between 9am and 5pm, Monday to Friday.** If your call goes to the answer phone, please leave a message and your call will be returned.

Alternatively, you can contact the **Day Case Unit on 01623 622515, extension 6061, weekdays only.**

If you need medical attention out of these hours, call NHS 111 or attend your nearest Emergency Department.

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns, or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references (if relevant) for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

To be completed by the Communications office Leaflet code: PIL202610-01-RCH Created: October 2026 / Review Date: October 2028
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