

男性置留性尿道導尿管的護理

甚麼是置留性尿道導尿管？

- ◆ 置留性尿道導尿管是一條中空管子，經尿道插入膀胱內引流出尿液。



- ◆ 管內分隔兩條中空管子，一條管子可將液體注入膀胱或引流出尿液，另一條管子可將水注入末端球囊以固定導尿管於膀胱內。



適用於下列的情況

- ◆ 急性尿瀰留；
- ◆ 持續尿瀰留；
- ◆ 不能排清尿液；
- ◆ 術後要準確監察尿液的份量；
- ◆ 某些泌尿科或婦科手術後的病人插有此導管，以引流尿液；
- ◆ 難處理的尿失禁。

尿道導尿管之護理

1. 個人衛生

- ◆ 當接觸引流袋前後都要洗手；
- ◆ 每天都要用清水和不含香料肥皂，清潔插入導尿管位置的周圍皮膚；
- ◆ 當洗澡時須保持引流袋連接導尿管；
- ◆ 請盡可能保持密封式的引流系統。

2. 固定導尿管位置的方法

- ◆ 可用膠布或導尿管固定器固定導尿管；
- ◆ 如用膠布作固定導尿管，可參考下圖



男性：將導尿管固定在大腿內側之陰莖附近

3. 引流袋的護理

- ◆ 引流袋應置於腰下，避免尿液倒流。
- ◆ 引流袋的開關口必須保持關閉，不可觸及地面。
- ◆ 引流袋約三份二滿時便要排放，以免引流袋過重而致陰莖不適。

- ◆ 當你排空引流袋前後需洗手，用酒精棉花清潔引流袋的出口。
- ◆ 用有刻度(500-1000ml)的量杯量度排尿量及紀錄。
- ◆ 觀察小便顏色、性質及份量。

4. 更換引流袋的方法

- ◆ 這是密封式的引流系統，引流袋隨着導尿管更換時一起更換，若引流袋破爛，請即更換。
- ◆ 用肥皂及清水清潔雙手；
- ◆ 用酒精棉花清潔導尿管和引流袋之連接處；



- ◆ 輕按導尿管，以免尿液流出；



- ◆ 並小心地接上新的引流袋，避免觸著其他物品而引到感染；
- ◆ 清潔雙手

5. 飲食的注意

- ◆ 每日應飲用不少於1.5 - 2公升(6至8杯)飲料(禁忌者除外)，多飲水可減少泌尿道感染。
- ◆ 正常小便應是淺黃色的，若小便呈深黃色，應多進水份。
- ◆ 避免便秘，要有健康及均衡的飲食，包括多進食全麥麵包，新鮮生果及蔬菜等。

6. 性生活

- ◆ 男性進行性交時，應先排空引流袋，將導尿管沿陰莖固定一起放入安全套內才進行性交。
- ◆ 使用潤滑劑可減少摩擦。

7. 如有以下情況，請聯絡醫生或護士

- ◆ 泌尿道感染之癥狀：小便有惡臭味或呈現混濁，或血尿、發燒、震顫或腰背痛
- ◆ 導尿管插入位置腫脹
- ◆ 導尿管無小便排出，或有小腹脹痛
- ◆ 導尿管滑出
- ◆ 導尿管尿滲漏
- ◆ 尿道刺痛
- ◆ 小便份量顯著地減少

備註

以上資料只作參考用途。
若有任何問題，請向你的醫護人員查詢。

查詢電話：2255 6790


資料由瑪麗醫院泌尿外科提供。



瑪麗醫院
Queen Mary Hospital

男性置留性尿道導尿管的護理

MALE INDWELLING URETHRAL CATHETER CARE

 瑪麗醫院 Queen Mary Hospital	Pamphlet Topic & Department Code
Ownership	QMH/Surgery-45
Last review/revision	May/2023
Approval	HKWC Information Pamphlet Working Group
Distribution	As requested

MALE INDWELLING URETHRAL CATHETER CARE

What is an indwelling urethral catheter?

- ◆ A hollow tube inserted into the bladder through the urethra for drainage of urine.



- ◆ Contains two separate lumens: one for drainage of urine; the other for holding the catheter in place inside the bladder through inflating a balloon.



Indications

- ◆ Acute retention of urine;
- ◆ Chronic retention of urine;
- ◆ Difficulty in complete bladder emptying with significant residual urine in the bladder;
- ◆ Close monitoring of urine output in acute illness or post-operatively;

- ◆ Post urological or gynecological surgeries to rest the bladder;
- ◆ Intractable urinary incontinence.

Care of urethral catheter

1. Personal hygiene

- ◆ Wash hands before and after contacting the catheter or drainage bag.
- ◆ Wash skin around the catheter with soap and water every day.
- ◆ Keep the drainage bag connected to the catheter while having a shower.
- ◆ A closed drainage system should be maintained as far as possible.

2. Methods to well-secure the urethral catheter

- ◆ Urethral catheter can be secured by tape or fixation devices.
- ◆ If using tape to secure the urethral catheter, please refer to the following picture:



Males: secure the catheter to the inner aspect of thigh, next to the penis.

3. Care of the drainage bag

- ◆ The bag should be kept below waist level to prevent back-flow of urine.
- ◆ The outlet of the drainage bag should be closed at all times and away from the floor.
- ◆ Empty the bag (about 2/3 full), to prevent it from pulling and causing discomfort around the area of penis.
- ◆ Wash hands and use alcohol wipes to clean the outlet of drainage bag before and after emptying.
- ◆ Monitor the urine output by using a measuring jar (500ml-1000 ml) and record the exact volume.
- ◆ Observe the urine colour, characteristics and amount.

4. Method of changing the drainage bag

- ◆ Maintain a closed drainage system.
- ◆ The drainage bag should only be changed if it is torn or on the due date of change.
- ◆ Wash hands with soap and water.
- ◆ Use alcohol wipes to clean the junction area between the catheter and drainage bag.



- ◆ Gentle press the catheter to avoid urine spilling out.



- ◆ Connect the new drainage bag carefully, avoiding contamination.
- ◆ Wash hands.

5. Dietary advice

- ◆ Drink at least 1.5L-2L of fluids every day unless contraindicated. It can reduce urinary tract infection.
- ◆ The colour of urine should be light yellow; if it appears dark, drink more.
- ◆ Avoid constipation; eat a healthy, well-balanced diet including wheat bread, fresh fruit and vegetables.

6. Sexual activity

- ◆ In males, empty the drainage bag, and fold back the catheter along the length of the penis and secure the catheter with a condom.
- ◆ KY jelly can be used to aid lubrication.

7. Seek medical advice if encountering the following problems:

- ◆ Signs / symptoms of urinary tract infection: cloudy or offensive smelling urine, blood in urine, fever, chills or loin pain.
- ◆ Oedema / swelling at the insertion site.
- ◆ No urine output for a period of time associated with bladder distension / pain.

- ◆ Slippage of the urethral catheter.
- ◆ Uncontrolled urine leakage.
- ◆ Increasing urethral pain / discomfort.
- ◆ Significant decrease in urine output.

Disclaimer

This sheet is for reference only. For queries, please contact your healthcare professional.

Telephone: 2255 6790

Information provided by the Division of Urology, Department of Surgery, Queen Mary Hospital.