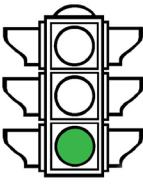


Preventing urinary tract infections (UTI) at home

How do I feel today?

Catheter Users	 GREEN ZONE	 YELLOW ZONE	 RED ZONE
	<p>You are in control.</p>	<p>Take action today. Call your doctor:</p> <p> _____</p>	<p>Call your doctor right away and tell them you have an urgent issue.</p>

<p>What is the color of my urine? How does my urine look?</p> 	<p>My urine is clear.</p>	<p>My urine is cloudy or has odor.</p>	<p>My urine is red or bloody.</p>
<p>How often am I going to the bathroom to urinate?</p> 	<p>There is no change in my bathroom use.</p>	<p>I now:</p> <ul style="list-style-type: none"> • go more often • go less often • have dripping/incontinence 	<p>I cannot urinate.</p>
<p>Do I have a fever?</p> 	<p>No fever.</p>	<p>Fever of 100 - 101.5F</p>	<p>Fever over 101.5F</p>
<p>Do I have pain or discomfort?</p> 	<p>No pain when I urinate.</p>	<p>I may have:</p> <ul style="list-style-type: none"> • new pain or burning with urination • new or increased muscle tightness 	<p>I have new or increased:</p> <ul style="list-style-type: none"> • muscle spasms • pain in: <ul style="list-style-type: none"> • one side of back • under ribs
<p>How is my energy level?</p> 	<p>My energy level is normal.</p>	<p>I am too tired to do most of my normal activities.</p>	<ul style="list-style-type: none"> • I am so tired that I can hardly do any of my normal activities. • I have some mental fogginess or confusion.

My action plan for preventing urinary tract infections (UTI)

General Health Tips if you are getting UTIs:

1. Drink plenty of fluids, especially water—stay hydrated.
2. Decrease or avoid alcohol and smoking as they may irritate your bladder.
3. Clean from front to back when catheterizing, toileting and bathing.
4. Avoid using products that contain alcohol, fragrance, and deodorants near groin.
5. Empty bladder at least 4-6 times a day, also before and after intercourse.
6. Cranberry supplements can help prevent UTIs. Talk to your doctor to see if it is right for you.
7. See a urologist to determine what is causing you to get infections.

Preventing Catheter-Associated Urinary Tract Infections:

When Catheterizing:

1. Develop a toileting/catheterization schedule.
2. Utilize reminders to prompt catheterization.
3. Always clean your hands with an alcohol-based hand sanitizer or soap and water before and after handling the catheter, tubing or collection bag.
4. When inserting a catheter, clean the skin in and around the area first.

If you use a drainage bag to collect your urine:

1. Make sure to secure the catheter with a catheter-holding device or leg strap so it does not become dislodged or become blocked which will stop the flow of urine.
2. Keep the drainage bag lower than the bladder to prevent urine from back flowing to the bladder.
3. Empty the drainage bag when it is no more than half full to prevent back flow.
4. When emptying the drainage bag, the opening should not touch anything. If it does, wipe it down with an antiseptic cleanser.
5. Limit the amount of times when you disconnect the catheter from the drain tube. This helps to prevent germs from getting in.
6. If you need to change the drainage bag, clean the connection between the catheter and the drainage tube with an antiseptic prior to disconnecting the drainage bag.

How I will do these things:

Your care team will work with you to set goals so you can stick to your plan!