

Daily Checks to Prevent Catheter-Associated Urinary Tract Infections (CAUTI)

What can I do every day to prevent catheter-associated urinary tract infections (CAUTI)?

- ☐ Wash your hands before and after touching any part of the urinary drainage system.
- ☐ Keep your catheter bag below the level of your bladder, free of kinks, and off the floor.
- ☐ Empty your catheter bag when it is $\frac{1}{2}$ to $\frac{3}{4}$ full. Do not let the spout at the bottom of the drainage collection bag touch the toilet or urinal. After emptying it, wipe the spout with a tissue or alcohol pad.
- ☐ Keep your catheter secured. The catheter securement device is positioned so there is enough slack to prevent tension or pulling.
- ☐ Clean around my catheter with mild, fragrance-free (not antibacterial) soap and water. Clean the catheter from where it enters your body and then down, away from your body. Hold the catheter at the point where it enters your body so that you do not put tension on it.
- ☐ Drink enough fluids to keep your pee pale yellow. We recommend you drink 64-100 ounces or 2-3 liters of fluid per day if you do not have a fluid restriction. If your pee is cloudy or smelly, drink more water.
- ☐ Keep your urinary drainage system closed.

When should I call Michigan Visiting Nurses (MVN) or my doctor?

Call if you have any of these signs or symptoms of a possible infection:

- A significant increase in bleeding or clots in your pee that do not clear with drinking more fluids

- Nausea and vomiting
- Chills
- Fever over 101 °F (by mouth)
- New pain in your sides, lower back, or lower stomach
- Increase in bladder spasms
- Leaking around your catheter site
- No drainage from your urinary catheter, or if you notice a decrease in the amount of pee draining out
- Change in your mental status, confusion, or slowed thinking

Don't be naughty! Prevent CAUTI!

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