

Urinary Catheter Valves

Patient Information

Community Nursing and Infection Prevention and Control Team



The Patient Information Leaflets page on the Trust website is available on the link:
<https://www.wvl.nhs.uk/patient-information-leaflets> or scan the QR code.

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Our Values

People at
the Heart

Listen and
Involve

Kind and
Respectful

One
Team

What is a catheter valve?

The catheter or flip-flow valve is a tap-like device which fits onto the end of a catheter (urethral or suprapubic).

The catheter valve enables you to store urine in your bladder and is emptied by releasing the valve.

A catheter valve can be used whether the catheter is permanent or temporary.

The catheter valve may not be suitable for people with a small sized bladder or people who have some cognitive impairment, as they may not remember to open the valve often enough.

What are the benefits of using a catheter valve?

Many people may prefer to use a catheter valve as it is more discreet and comfortable than a leg bag.

The catheter valve also offers an alternative to using urinary drainage bags.

Catheter valves may also reduce the risk of infection and blockage by allowing the intermittent flushing of urine.

Alternatives to using a catheter valve?

The catheter can freely drain via a catheter drainage bag.

Risks

You may forget to release the valve which may cause leakage around the catheter or abdominal pain when your bladder is full.

When should I open my catheter valve?

During the day you must release the catheter valve at least every four hours or more if you drink a lot.

The catheter valve should be opened whenever you need to pass urine, such as before you go to bed at night and first thing in the morning.

Quite often a night drainage bag can be attached to the open valve so that urine can drain freely overnight. This is helpful if you have a high urine output during the night.

You must open the catheter valve before you open your bowels, as this will minimise leakage around the catheter (bypassing).

How do I change my catheter valve?

You must change your catheter valve every seven days.

You must obtain advice, support and training from a healthcare professional before you change your catheter valve for the first time.

- Wash hands before starting the procedure.
- Release the catheter valve to empty the bladder.
- Remove the catheter valve and replace with a new one. Never reuse a catheter valve

How do I keep the area clean?

To keep the area clean you should:

- Wash the area where the catheter enters your body as part of a daily hygiene routine.
- Avoid applying creams, antiseptics and talc around the area.

Bathing or showering with your catheter valve in place will not cause any harm.

What if there is a discharge?

The area should be cleaned more often if a discharge occurs at the catheter entry point.

You must contact a healthcare professional if the discharge persists or smells.

How do I dispose of the catheter valve?

You can dispose of your catheter valve at home by putting it in paper or in a plastic bag and putting it in the rubbish.

How do I store the unopened catheter valve?

You must store the catheter valve in its original packaging in a dry, cool place away from direct sunlight.

Do not use the catheter valve if the original packaging has been damaged.

How do I wear the catheter valve?

You wear a leg strap on your upper thigh to support the catheter valve.

Where can I get a leg strap? (Catheter Fixation Device)

Leg straps are available on prescription.

Contact information

Community Nursing Admin Hub

Tel: 0300 707 7700

Please use this space to write notes or reminders.

Comments, Compliments or Complaints

The Patient Relations/Patient Advice and Liaison Service (PALS) Department provides confidential on the spot advice, information and support to patients, relatives, friends, and carers.

Contact Us

Tel: 01942 822376 (Monday to Friday 9am until 4pm)

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Ask 3 Questions

Become more involved in decisions about your healthcare. You may be asked to make choices about your treatment. To begin with, try to make sure you get the answers to three key questions:

1. What are my options?
2. What are the positives and negatives of each option for me?
3. How do I get support to help me make a decision that is right for me?



How We Use Your Information

For details on how we collect, use, and store the information we hold about you, please see patient information leaflet, Ref. **Corp 006** How we use your information, this can be found on the Patient Information Leaflets page on the Trust website, see details on the front cover.

This leaflet is also available in audio, large print, Braille, and other languages upon request. For more information, please ask in the department/ward.

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