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1. Purpose

When a urinary catheter is contaminated by feces or secretions, the perineum must be washed and the catheter sterilized in order to prevent urinary tract infections.

2. Supplies

1. Pair of gloves
2. Betadine (water-soluble)
3. Sterile cotton swab
4. Sterile normal saline or lukewarm water
5. Breathable tape
6. Flushing can
7. Bedpan



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一、目的

導尿管受到糞便或分泌物污染時，於會陰沖洗後，執行之消毒步驟，以保持清潔，預防泌尿道感染。

二、備用物

1. 手套一雙
2. 水溶性優碘
3. 無菌沖洗棉棒
4. 無菌生理食鹽水或已煮開的溫開水
5. 透氣膠帶
6. 沖洗壺
7. 便盆



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3.Care of the urinary catheter

1. Females: Sterilize the urinary catheter after flushing the perineum with lukewarm water. Take a sterile cotton swab dipped in betadine and start to sterilize the inner surface of the innerlip farther away from you from top to bottom (Figure 1) → the inner surface of the innerlip closer to you from top to bottom (Figure 2) → around the urethral opening and then along the urinary catheter (Figure 3). Then repeat the same procedures using a cotton swab with sterile normal saline.

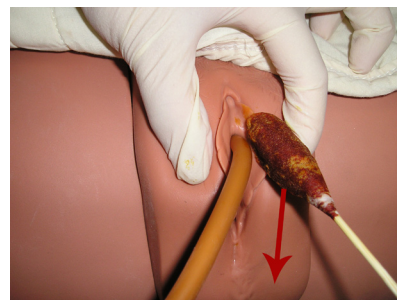


Figure 1: The inner surface of the innerlip farther away from you from top to bottom

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三、導尿管護理

1. 女性：用溫開水做會陰沖洗後消毒尿管，以無菌沖洗棉棒沾水溶性優碘，消毒順序為遠側小陰唇內面（如圖一）→ 近側小陰唇內面（如圖二）→ 尿道口到導尿管做環狀消毒（如圖三）後，再用生理食鹽水棉棒重複相同步驟。



圖一、遠側內面由上向下

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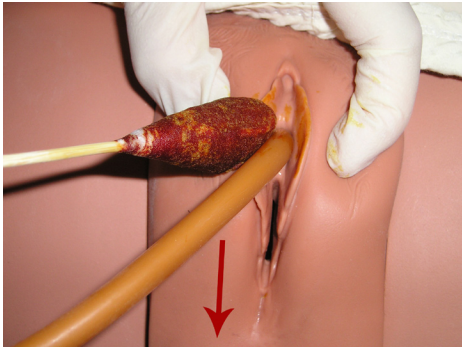
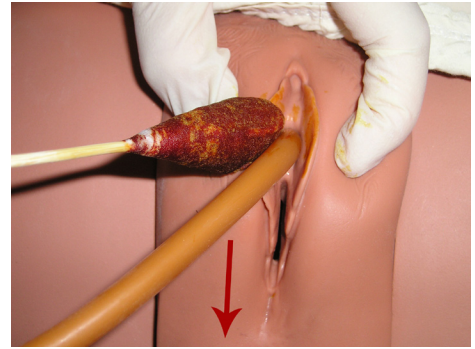


Figure 2: The inner surface of innerlip closer to you from top to bottom



圖二、近側內面由上向下

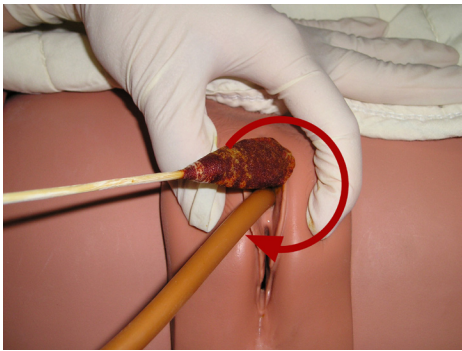


Figure 3: Sterilize around the urinary catheter



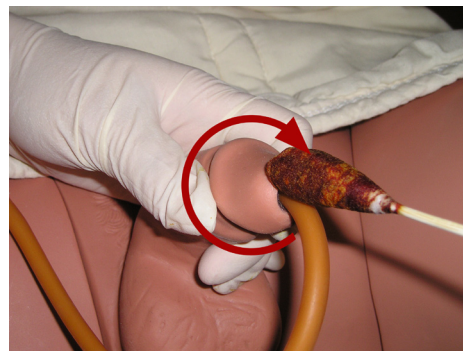
圖三、環狀消毒尿管

2. Males: Wipe around the urethral opening and then along the urinary catheter using a cotton swab with betadine and then repeat the same procedures using a cotton swab with sterile normal saline. The area to be sterilized is about 2.5 inches wide (Figure 4).



Figure 4: Wipe around the urinary catheter

2. 男性：用優碘棉棒由尿管插入處向外環狀擦拭尿道口及導尿管，再用生理食鹽水棉棒重複相同步驟，消毒範圍2.5吋（如圖四）。



圖四、尿管向外環狀擦拭

3. Change the location of the catheter adhesive tapes daily in order to prevent skin damage. The catheter should be fixed with two horizontal tapes and two vertical tapes with the catheter in the middle (like a tic-tac-toe grid); the catheter should be fixed onto the lower abdomen for males (Figure 5) and onto the inner thigh for females (Figure 6).

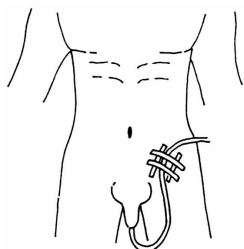


Figure 5: The catheter should be fixed on the lower abdomen for males

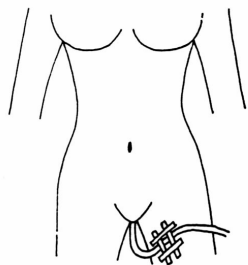
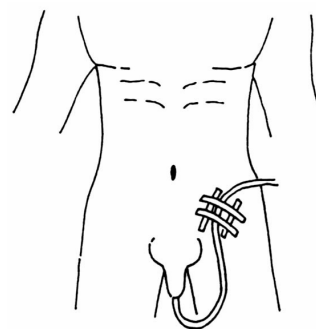
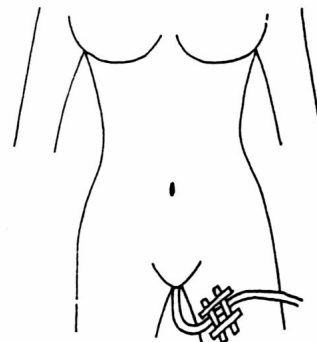


Figure 6: The catheter should be fixed on the inner thigh for females

3. 每日更換膠布固定位置以避免皮膚破皮，男性以井字固定於下腹部（如圖五），女性以井字固定於大腿內側（如圖六）。



圖五、男性固定於下腹




圖六、女性固定於大腿內側

4. General information about urinary catheter care

1. Flush the perineum with lukewarm water daily. Daily or routine sterilizing of the catheter is not necessary; sterilize only when the catheter is contaminated by feces or secretions.
2. Drink about 2000-3000 ml of water per day (unless you have water restrictions) in order to maintain a urinary output at around 1500-2000 ml. Moreover, drink fresh fruit juice or cranberry juice that is rich in vitamin C in order to reduce the chance of urinary tract infections.
3. Tape the catheter securely but keep the urine flowing freely. When you change positions, do not twist, pull or press the catheter to avoid urethral trauma, the catheter coming out, catheter blockage or loosening of the junction between the catheter and the drainage bag.

四、導尿管照顧注意事項

1. 日常照顧只要用溫水沖洗會陰，導尿管不須要每日或常規以優碘消毒，受到糞便污染或有大量分泌物時才使用。
2. 每日攝取足夠的水份2000-3000CC (除非有水份限制)，使尿液能維持1500-2000CC，並攝取富含維生素C之新鮮果汁或蔓越莓汁，以減少尿路感染的機會。
3. 適當的固定並保持尿管通暢，當您改變姿勢時，請勿扭曲、牽扯、或壓到導尿管，以防止尿道口受傷、尿管脫出、尿管阻塞或尿袋與尿管的接合處鬆脫。

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4. Whether you are lying down, sitting, or standing, the drainage bag should always be kept below the bladder in order to avoid urine flowing upstream, and the outlet of the drainage bag should not touch the floor.
 5. Empty the urine from the drainage bag every 8 hours or when urine volume is over 700ml. Be careful not to contaminate the drainage bag outlet.
 6. Please be aware that bloody urine, cloudy urine, urine sediments, smelly urine or fever may be due to a urinary tract infection.

4. 當您半躺、平臥或站立時，尿袋保持在膀胱以下，以免尿液逆流而上，尿袋口不要接觸地面。
5. 尿袋內的尿液應8小時或尿量超過700CC時倒出，注意勿使出口處受污染。
6. 注意尿液有無血色、混濁、沉澱物或臭味及發燒，可能泌尿系統受感染。

5. If any of the following situations occur, please seek medical assistance

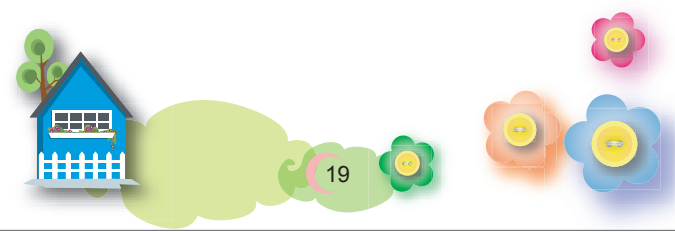
If you have fever, chills, pain in the urethra, cloudy urine, bloody urine, increased urethral discharge, dislocation of the urinary catheter, contamination of the urinary catheter, urinary catheter blockage, or catheter rupture, please contact the medical staff immediately.

五、如有下列情形應就醫

若有發燒、畏寒、尿道疼痛、尿液混濁、血尿、尿道分泌物增加、尿管滑出、尿管污染、尿管阻塞、尿管破裂等情形，請立即就醫。



Memorandum





佛教大林慈濟醫院
Buddhist Dailin Tzu Chi Hospital

敬祝您

身體健康 平安吉祥

Wish you

Healthy & Peaceful

佛教大林慈濟醫院

Buddhist Dalin Tzu Chi Hospital

各院區健康諮詢專線

Health consultancy of Buddhist Tzu-Chi Hospital :

花蓮慈濟醫院 Hualien Tzu Chi Hospital:(03)8562016

玉里慈濟醫院 Yuli Tzu Chi Hospital:(03)8882718 Ext.9

關山慈濟醫院 Kuanshan Tzu Chi Hospital:(08)9814800 Ext.128

台北慈濟醫院 Taipei Tzu Chi Hospital:(02)66289779 Ext.2236

台中慈濟醫院 Taichung Tzu Chi Hospital:(04)36068278

大林慈濟醫院 Dalin Tzu Chi Hospital:(05)2648333

佛教斗六慈濟診所

Buddhist Douliou Tzu Chi Outpatient Department:

(05)5372000 Ext.127

網址 : Web site: <http://www.tzuchi.com.tw>

大林慈院 105.09 製訂

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使用導尿管 的照顧

Caring for your
urinary catheter



中英文