

Make Health Easy

You and Your SpiritCare Foley Catheter

Part of the SpiritCare Continence Range

spirit
health

SpiritCare

All Silicone Foley Catheter

Secure | Discreet | Simple

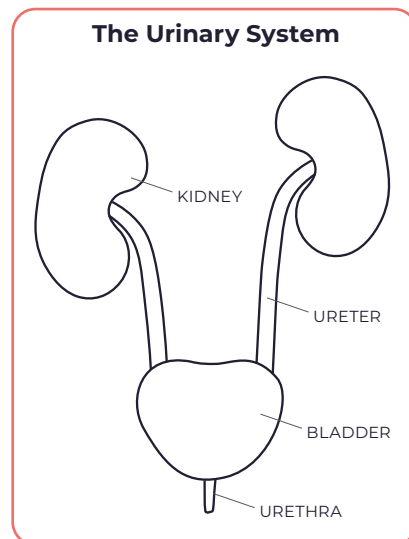
The SpiritCare All Silicone Foley Catheter is designed to provide you with peace of mind, using high quality materials to promote security, comfort and ease of use. We aim to keep things simple and discreet, giving you the confidence to live your life without complications.

Your Spirit All Silicone Foley Catheter is a long-term or indwelling catheter that will help with urine drainage. This hollow tube connects to a drainage bag or other device to continually drain urine from the bladder, and is usually changed at least every 12 weeks.

Note: Do not attempt to change the catheter yourself.

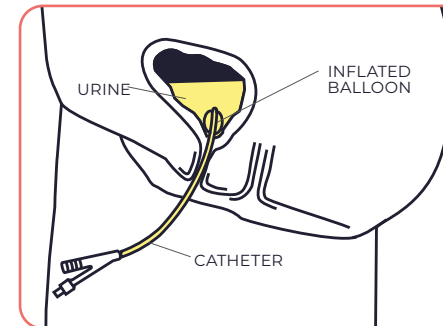
Our body's natural drainage system

The kidneys play an important bodily function in filtering waste products from the blood to produce urine. Small tubes called ureters carry waste into the bladder. When full, urine will pass through the urethra, a tube-like vessel, which acts as a water pipe to remove urine from the body. Sometimes, the bladder may not work properly and not empty. Stale urine can lead to infections and many other problems. This may be when your nurse or doctor advises a catheter.

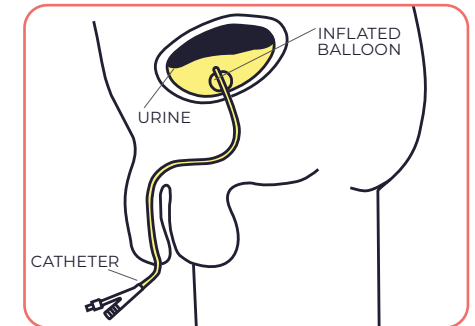


How catheterisation works

Catheterisation helps people who have difficulties emptying their bladder. The catheter reaches the bladder by passing through the urethra, or through the abdominal wall, just above the pubic bone.



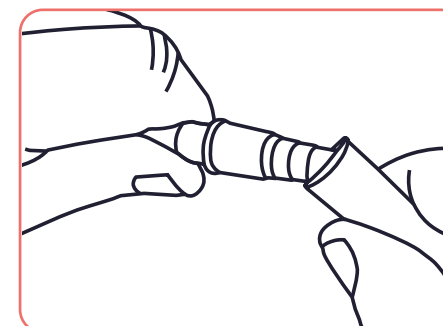
Female Catheterisation



Male Catheterisation



A small balloon at the catheter tip is inflated inside the bladder by your healthcare professional to prevent the catheter falling out.



Airtight Connection

Catheters connect to your leg bag or night drainage bag by pushing the catheter end into the universal ridged connector of your bag to form an airtight connection. As urine fills the bladder it drains down the catheter into the bag.

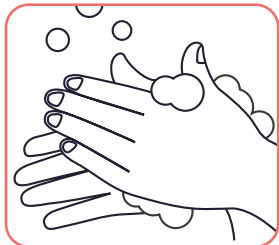
Top Tips for Living with Your Catheter

1. Practice good hygiene

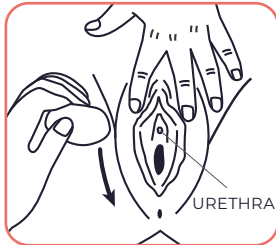
You must perform daily hygiene around the site where the catheter enters your body.

- Wash your hands before you start.
- If you are female, it is important to wash downwards towards your anus to prevent contamination.
- If you are male, it is important that you retract your foreskin, wash thoroughly and replace.

Ideally use warm clean water without any scented soaps or shower gels. Dry thoroughly.



Wash Hands



Wash Genital Area
- Female



Wash Genital Area
- Male

2. Track your fluid intake

It is important that you drink at least 1.5 litres of fluid per 24 hours to allow your catheter to work effectively and keep draining. Less than this can affect how the catheter works leading to more frequent changes and complications. Don't forget that includes water in foods as well as drinks. Do what works for you, sips throughout the day or drinks with meals – it's up to you!

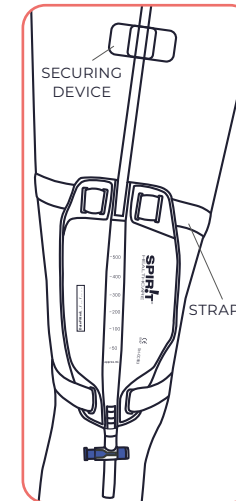
3. Help prevent constipation

Your catheter drainage may be affected if you become constipated. You need to eat three meals a day to help your bowel to perform and aid catheter function. Including fibre in your diet will help. Try to include wholemeal or granary bread, green vegetables and fruit. If you need advice on your bowels, please speak to your district nurse or GP.

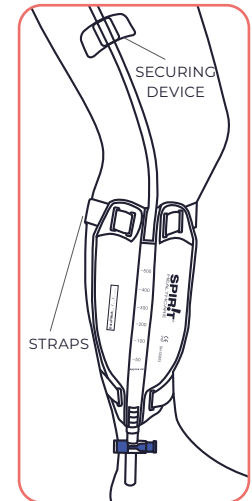
4. Position and secure devices

Your catheter will need to be supported as urine can be heavy and put a strain on your bladder neck, as the catheter is only held in your bladder with a small balloon of water.

As well as the catheter straps you are provided with to use with your leg bag, a fixation device should also be worn higher up your leg. Please ask your district nurse about this if you are not provided with one.



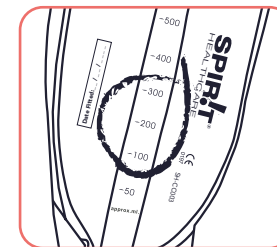
Thigh



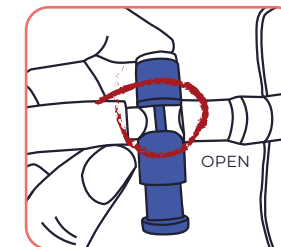
Calf

5. Empty your bag regularly

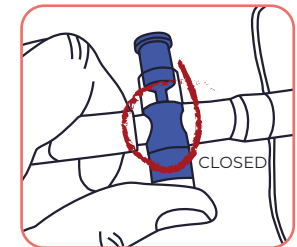
Check your bag at regular intervals. Assess the fill levels and empty when two-thirds full. Open the drainage tap and allow urine to drain into the toilet or suitable container. Remember to close the tap after emptying. (SpiritCare slide tap used for illustration)



Viewing Panel



Open Slide Tap
Position



Closed Slide Tap
Position

Note: Supplies

It is important that you have stock at home for your catheter including drainage bags and securing devices, so please contact your nurse or GP if you notice your stocks are low.

REMEMBER: When to get help

If you experience any leakage, pain or bleeding with your catheter, or drainage stops completely, please contact your nurse or GP

Prescription Order Codes

SpiritCare products are available on prescription using the PIP Codes below.

SpiritCare All Silicone Foley Catheter

	Product Code	Size (Ch)	Length	Colour	PIP Code
SpiritCare All Silicone Foley Catheter - Male/Standard	SH-CC034	12	400mm	White	418-6573
	SH-CC035	14	400mm	Green	418-6599
	SH-CC036	16	400mm	Orange	418-6581
	SH-CC037	18	400mm	Red	418-6607
SpiritCare All Silicone Foley Catheter - Female	SH-CC038	12	260mm	White	418-6615
	SH-CC039	14	260mm	Green	418-6623
	SH-CC040	16	260mm	Orange	418-6631
	SH-CC041	18	260mm	Red	418-6649

SpiritCare Leg Bag

	Product Code	Capacity	Tube Length	PIP Code
SpiritCare Leg Bag - Short (Pack of 10)	SH-CC001	350ml	10cm	418-9981
	SH-CC003	500ml	10cm	418-9999
	SH-CC005	750ml	10cm	419-0005
SpiritCare Leg Bag - Long (Pack of 10)	SH-CC002	350ml	30cm	419-0047
	SH-CC004	500ml	30cm	419-0054
	SH-CC006	750ml	30cm	419-0062

SpiritCare Drainage Bag

	Product Code	Capacity	Tube Length	PIP Code
Spirit Drainage Bag	SH-CC022	2000ml	120cm	421-3161

Support Groups and Information

Supporting people with bladder and bowel problems

Bladder and Bowel UK - Free National Confidential Helpline

A national confidential helpline, staffed by a team of specialist nurses and a product information adviser. They can give specialist advice on bladder and bowel health issues, as well as signposting to local services.

<https://www.bbuk.org.uk/>

Helpline: 0161 214 4591

Email: bbuk@disabledliving.co.uk

The Bladder & Bowel Foundation (B&BF)

www.bladderandbowelfoundation.org

Tel: 01536 533255

Helpline: Tel: 0845 345 0165

General Enquiries: Tel: 01536 533255

Email: info@bladderandbowelfoundation.org

bladderandbowelfoundation.org

Supporting people with multiple sclerosis

MS-UK

www.ms-uk.org

Free Information and Advice Line:
0800 783 0518

Multiple Sclerosis Trust

<https://mstrust.org.uk/>

Freephone Information Service:
0800 032 3839

Email: info@mstrust.org.uk

Supporting people with motor neurone disease

Motor Neurone Disease Association

www.mndassociation.org

Helpline: 0808 802 6262

Email: mndconnect@mndassociation.org

Supporting people who have had a stroke

Stroke Association

www.stroke.org.uk

Helpline: 0303 3033 100*

(Monday – Friday, 9am – 5pm)

Email: helpline@stroke.org.uk

Supporting people with spinal injuries

Spinal Injuries Association

www.spinal.co.uk

SIA Freephone Advice Line:

0800 980 0501

Email: advice@spinal.co.uk

Shine Charity

www.shinecharity.org.uk

Tel: 01733 555988

ASPIRE

www.aspire.org.uk

Tel: 020 8954 5759

Email: info@aspire.org.uk

Back up Trust

www.backuptrust.org.uk

Tel: 020 8875 1805

Email: admin@backuptrust.org.uk

A Helping Hand

Clinical Support

Your healthcare professional is best placed to give you clinical support.

My healthcare professional

Name

Telephone number

Record your healthcare professional contact details here.

Product Details

SpiritCare Product

Product PIP Code

Description

Record your GP prescription product details here.

SpiritCare Product Support

If you have any technical problems with your products, call our 24/7 Customer Services Team on 0800 881 5423

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