

5 清潔及抹乾雙手

Wash and dry
your hand after
procedure.



注意事項 Important Points

- 當尿袋裝滿了2/3之尿液時，必須把尿液倒掉。
Urine bag must be emptied when the urine bag filled more than 2/3 at the time.
- 尿袋的位置必須常保持在低於膀胱之位置。以防逆行性之尿道感染。
Keep the urine collection bag below the level of the bladder to prevent back flow of urine which will cause urinary tract infection.
- 當尿袋破爛、或更換新導尿管時，請更換尿袋。
Change the urine bag when the urine bag is broken, otherwise change it together with the foley catheter.
- 檢查尿管，避免尿管扭結，以防阻塞尿液流通。
Check the tubing is not kinked to avoid blocking of urine flow.
- 一般導尿管每一星期由醫護人員替病人更換。(矽膠導尿管每一個月更換一次)
Change the urine catheter by health care worker every week.
(Silicone urine catheter change every month)
- 鼓勵每天飲用6-8杯水，至少1.5公升，用肥皂和水清潔尿道口，保持清潔衛生，有助減少尿道感染。
To prevent urinary tract infection, use soap and water clean the urethral opening and drink 6-8 glasses of water daily (at least 1.5L/day).
- 若有下列情況，請立即就醫求診：
Call your health care provider immediately if you notice:
 - 發燒或發冷。
Fever or chills.
 - 膀胱赤痛。
Lower abdominal pain.
 - 小便帶血、混濁或有惡臭味。
Blood in urine, cloudy urine or strong odor.
 - 小便量少而膀胱仍感脹滿有尿意。
Minimal urinary output accompanying lower abdominal distention.
 - 當導尿管阻塞、脫出或有滲尿。
When the urine catheter have leakage, blockage or dislodged.

家居護理尿袋 注意事項

Caring for Your Urinary Catheter at Home



全人醫治 We provide holistic
盡心關懷 & compassionate care

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家居護理尿袋 注意事項

Caring for Your Urinary Catheter
at Home

- 1 所需物品 Materials :
70%消毒火酒棉塊及量杯(需要時)
70% alcohol pad and measuring jar
(when necessary)



- 2 放尿前，清潔雙手。

Wash your hands thoroughly
with soap and water before
emptying the urine bag.



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用70%火酒棉塊抹拭消毒尿袋的出口處，打開尿袋出尿處直接把尿液倒入廁盆裏。如需要，請記錄尿液的顏色及尿量。

Use 70% alcohol pad to swab the outlet of the urine bag. Stand over the toilet and open the valve at the bottom of the urine bag. Record the colour and amount of urine if needed.

- 4 關閉尿袋出尿處，再用70%火酒棉塊消毒。

Close the outlet of the urine bag and swab with 70% alcohol pad.



打開前消毒
Disinfect the knob before
open the valve

關閉後消毒
Disinfect the knob again
after close the valve