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## What is a condom catheter (condom cath)?

A condom cath is a rubber or plastic cover that fits over the penis. A thin tube connects the condom cath to a drainage bag. The condom cath collects urine and drains it into the bag. It may be worn all the time or just sometimes, like at night.

- Change the condom cath and clean the penis well each day.
- Check the skin under and around the condom cath often for:
  - Redness
  - Swelling
  - Sores
  - Blisters
  - Other changes

## How do I empty the drainage bag?

Empty the bag when it is about half full. To empty it:

1. Hold the bag over a toilet or large container.
2. Remove the tip of the emptying spout from its pocket. Make sure it does not touch anything, including the toilet or container.
3. Open the clamp and empty the bag.
4. Clean the end of the spout with an alcohol wipe. Close the clamp and put the end back into its pocket.

## How do I change the condom cath?

Change the condom cath **each day**. To change it:

1. Gather your supplies:
  - Condom cath
  - Soap and water
  - Skin protective barrier wipe
  - Clean drainage bag
2. Wash your hands well with soap and water for at least 20 seconds.
3. Gently remove the old condom cath and drainage bag.
  - If the catheter has an adhesive coating, use an adhesive remover made for the skin.
  - Throw away the old condom cath.
4. Clean the penis and the area around it with soap and water. Rinse and dry the area well.
  - If your child is not circumcised, pull the foreskin back down after each cleaning. This helps to prevent swelling and soreness of the penis.
5. Carefully cut or trim any long hairs at the base of the penis, so the catheter does not pull them.

**In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.**

# Using a condom catheter, continued

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6. Check the penis for any skin change like redness, swelling, sores, blisters or other problems.
  - **Do not** use the condom cath until the skin has completely healed.
  - Call your child's doctor if the skin problems do not heal in 2 to 3 days or if they get worse.
7. Put on skin protective barrier wipe as needed to protect the skin.
8. Roll the new condom cath up over the penis.
  - Leave a space between the condom cath and the tip of the penis to help prevent skin problems.
9. Gently squeeze the condom cath around the penis to help seal the adhesive of the catheter to the skin of the penis.
  - **Do not** use adhesive or other types of tape around the outside of the condom cath. It can cause swelling and cut off blood flow to the penis.
10. Connect the condom cath to a clean drainage bag.
11. Wash your hands well again.

## How do I clean the drainage bag?

To clean the bag:

1. Wash your hands well with soap and water for at least 20 seconds.
2. Disconnect the bag from the old condom cath. Throw away the old condom cath.
3. Drain all urine from the bag into your toilet.
  - **Do not** let the emptying spout touch anything like the toilet or floor.
4. Rinse the bag well with hot water and swish it around for at least 10 seconds.
5. Empty the water into the toilet.
6. Rinse the bag again with hot water and swish it around for at least 10 more seconds.
7. Empty the water into the toilet.
8. Wash your hands well again.

## Can I reuse supplies?

You can reuse the bags, cups or urinals for 30 days if you clean them like this. Replace the supplies sooner if there is a change in color or a smell. Check with your home health company about how often to change supplies.

## How do I disinfect the drainage bag?

After the bag is cleaned:

1. Make a 1 part bleach to 10 parts water (1:10) solution by mixing ½ ounce (oz) of non-scented household bleach with 5 ounces (oz) of cold tap water.
  - You can mix a 1:10 vinegar solution if you feel you cannot mix bleach safely,
2. Place the solution in a clean plastic container and use it right away. Do not save the mixture for another time.
3. Use a clean squeeze bottle to squeeze the bleach or vinegar solution into the bag and tubing.

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# Using a condom catheter, continued

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4. Swish it around inside for at least 30 seconds to coat all areas of the bag and tubing.
  - Be sure the solution rinses the part of the bag that connects to the condom cath.
5. Empty all of the solution from the bag into the toilet.
6. Let the bag air-dry by keeping the clamps open. This prevents mold and mildew.
7. Wash your hands well again.
8. Rinse the bag with water before the next use.

## What else do I need to know?

- Keep the tubing and connections straight when it is draining. This helps urine flow into the bag and helps prevent infections.
- Keep the urine bag below your child's hips **at all times**.
- Keep the bag off the floor.
- Throughout the day, check the:
  - Penis for swelling.
  - Condom cath and drainage bag for kinks.

## When should I call the doctor?

Call the doctor **right away** if your child has:

- Any signs of a urinary tract infection (UTI), such as:
  - Pain when urinating
  - Urinating often in small amounts
  - Back or stomach pain
  - Urine that is cloudy or has sediment (particles) or mucus (white strands)
  - Urine that is pink or red
  - Urine that smells bad
  - Fever (temperature of 100.3°F), vomiting (throwing up), diarrhea (loose stools), chills or fussiness without other signs of sickness
- Signs of skin problems or irritation, such as:
  - Redness
  - Swelling
  - Sores
  - Blisters
  - Other problems that do not heal in 2 to 3 days

Also call your child's doctor if you have any questions or concerns about how your child looks or feels.

**This teaching sheet contains general information only. Talk with your child's doctor or a member of your child's healthcare team about specific care of your child.**

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