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## Catheter valves: frequently-asked questions

### What is a catheter valve?

If you need a catheter to drain your bladder, a catheter valve may be used provided the doctors know that your bladder can hold a reasonable quantity of urine without discomfort or leakage.

The valve fits securely into the end of the catheter and can be opened to allow urine to drain out at regular intervals. The valve is more discreet and comfortable than a drainage bag, allowing your bladder to fill and empty as normally as possible when there is a catheter in place.



### How do I use the valve?

The Specialist Nurse will show you how to open and close the valve to drain your bladder. She/he will also discuss how often this needs to be done. If you experience any discomfort from your bladder, you should drain the catheter at that time.

### What should I do with the valve?

First, wash your hands thoroughly.

Position the valve over the toilet or receptacle, open the valve and allow the catheter to drain to completion. Wipe the valve with clean tissue and replace it inside your underclothes.

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Now, wash your hands again

If you do not wear close-fitting garments, your catheter should be supported by a strap on the leg about which the Specialist Nurse will give you advice.

Do not allow the catheter to hang down unsupported since this will cause discomfort.

If you drain the urine into a receptacle at home, the receptacle should be washed in warm, soapy water after use and stored upside down.

## **Remember**

- The valve is only for your catheter and should not be used by anyone else
- Try to drink at least 8 pints of fluid per day
- Avoid constipation by eating fresh fruit and vegetables in your diet

## **Who can I contact for more help or information?**

### **Oncology Nurses**

- Uro-Oncology Nurse Specialist  
01223 586748
- Bladder cancer Nurse Practitioner (haematuria, chemotherapy & BCG)  
01223 274608
- Prostate cancer Nurse Practitioner  
01223 274608

### **Non-Oncology Nurses**

- Urology Nurse Practitioner (incontinence, urodynamics, catheter patients)  
01223 274608 or 586748

### **Patient Advice & Liaison Centre (PALS)**

- Telephone  
+44 (0)1223 216756 or 257257  
+44 (0)1223 274432 or 274431
- PatientLine  
\*801 (*from patient bedside telephones only*)
- E mail  
pals@addenbrookes.nhs.uk
- Mail  
PALS, Box No 53  
Addenbrooke's Hospital  
Hills Road, Cambridge, CB2 2QQ

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## Chaplaincy and Multi-Faith Community

- Telephone  
+44 (0)1223 217769
- E mail  
derek.fraser@addenbrookes.nhs.uk
- Mail  
The Chaplaincy, Box No 105  
Addenbrooke's Hospital  
Hills Road, Cambridge, CB2 2QQ

## MINICOM System ("type" system for the hard of hearing)

- Telephone  
+44 (0)1223 274604

## Access Office (travel, parking & security information)

- Telephone  
+44 (0)1223 586969

## Other information

This patient information leaflet provides input from specialists, the British Association of Urological Surgeons, the Department of Health and evidence-based sources as a supplement to any advice you may already have been given by your GP. Alternative treatments can be discussed in more detail with your urologist or Specialist Nurse.

## How can I get information in alternative formats?

Please ask if you require this information in other languages, large print or audio format: 01223 216032 or [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)

**Polish** Informacje te można otrzymać w innych językach, w wersji dużym drukiem lub audio. Zamówienia prosimy składać pod numerem: 01223 216032 lub wysyłając e-mail: [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)

**Portuguese** Se precisar desta informação num outro idioma, em impressão de letras grandes ou formato áudio por favor telefone para o 01223 216032 ou envie uma mensagem para: [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)

**Russian** Если вам требуется эта информация на другом языке, крупным шрифтом или в аудиоформате, пожалуйста, обращайтесь по телефону 01223 216032 или на вебсайт [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)

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**Cantonese** 若你需要此信息的其他語言版本、大字體版或音頻格式，請致電 01223 216032 或發郵件到：[patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)

**Turkish** Bu bilgiyi diger dillerde veya büyük baskılı ya da sesli formatta isterseniz lütfen su numaradan kontak kurun: 01223 216032 veya asagıdaki adrese e-posta gönderin:  
[patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)

**Bengali** এই তথ্য বাংলায়, বড় অক্ষরে বা অডিও টেপে পেতে চাইলে দয়া করে 01223 216032 নম্বরে ফোন করুন বা [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk) ঠিকানায় ই-মেইল করুন।



Addenbrooke's is smoke-free. You cannot smoke anywhere on the site. Smoking increases the severity of some urological diseases and increases the risk of post-operative complications. For advice on quitting, contact your GP or the NHS smoking helpline free on 0800 169 0 169

## Document history

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