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VI. The client/caregiver can discuss general measures to prevent problems while using a urinary catheter.

- A. Monitor and record urine output for amount and color of urine.
- B. Stress increased intake of clear fluids (10 to 15 glasses per day). Unless prohibited by physician, try drinking cranberry, plum, and prune juices along with water, as they help increase the acidity and prevent infection.
- C. Keep intake of caffeine and alcohol to limited amount.
- D. Showering and bathing may be done as ordered by physician.
- E. Review signs, symptoms, or problems to report promptly, such as
 - A lack of urine output longer than 4 hours
 - Persistent leakage around catheter
 - Pain, swelling, or tenderness around catheter
 - A break in the catheter or if the catheter falls out
 - Fever or chills
- F. A latex-free catheter may be needed if client has latex allergy.

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VII. The client/caregiver is aware of possible complications.

- A. Urinary-tract infection: cloudy urine, foul odor, fever, and pain in bladder area.
- B. Blocked catheter: lack of urine draining into catheter and firm, distended abdomen.

RESOURCES

Medical supply companies

Visiting nurse

REFERENCES

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