



**Call your community health team if you have concerns with any of the following:**

- leaking urine
- blood in your urine
- increased pain/discomfort to bladder or catheter area
- catheter is not draining
- catheter is accidentally removed or partially pulled out
- any of the above symptoms accompanied with fever, chills or burning during urination

If unable to contact your health team, seek medical attention at your discretion from Urgent Care or Emergency Services.

**For 24 hour professional health advice and information, call:**



The Saskatchewan Health Authority (SHA) recognizes Health Canada's regulations for how often a urinary catheter should be changed. These regulations state that a urinary catheter is to be changed at least every 29 days, as leaving it in place for 30 days or longer may increase the risk of problems.

These problems can include:

- infection of the urinary tract or kidneys
- bladder stones
- infection of the blood
- blood in the urine
- damage to the bladder or kidneys
- injury to the urethra
- cancer of the bladder
- bladder spasms
- blockage of the catheter
- developing an allergy to latex
- epididymitis (complication with tube in testicle in males)
- paraphimosis (complication of the foreskin in males).

Your healthcare provider may order a urinary catheter in place for longer than 29 days, up to 90 days, if the benefits of leaving the catheter in outweigh the risks. The ordering healthcare provider has discussed these risks and benefits with you.

Your community health team assesses your urinary catheter routinely and as you require to maintain function and safety of the system. Contact your health team members if you require assistance with your catheter before your next appointment.

