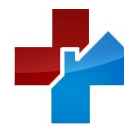


# Urinary Catheter Management ZONES



<b>GREEN ZONE</b>	<p><b>ALL CLEAR (GOAL)</b></p> <ul style="list-style-type: none"> <li>• Urine is clear yellow without any odor</li> <li>• At least ¼ cup (60 cc) urine every hour or _____</li> <li>• No signs of infection near or at catheter exit site             <ul style="list-style-type: none"> <li>○ Pain, itching, burning, and/or draining</li> </ul> </li> </ul>	<p><b>Doing Great!</b></p> <ul style="list-style-type: none"> <li>• Your symptoms are under control</li> <li>• Actions:             <ul style="list-style-type: none"> <li>○ Continue with good personal hygiene care</li> <li>○ Clean and/or change the catheter bags and tubing</li> <li>○ Keep bag hanging below the bladder</li> <li>○ Keep all doctor appointments</li> </ul> </li> </ul>
<b>YELLOW ZONE</b>	<p><b>WARNING</b></p> <p><b>If you have <u>any</u> of the following:</b></p> <ul style="list-style-type: none"> <li>• Signs of infection:             <ul style="list-style-type: none"> <li>○ Urine is cloudy and/or has an odor</li> <li>○ Blood in your urine</li> <li>○ Pain, itching, burning, and/or drainage near or at the catheter exit site</li> <li>○ Temperature is a 100.5° by mouth</li> <li>○ Color of urine is dark and looks like tea</li> <li>○ Pain and/or feeling of bladder fullness in the lower part of your belly</li> </ul> </li> <li>• Urine is leaking; wet bed and/or clothes</li> <li>• A feeling of bladder fullness and/or little or no urine in the drainage bag</li> <li>• Catheter has fallen out</li> </ul>	<p><b>Act Today!</b></p> <ul style="list-style-type: none"> <li>• You may have an urinary tract infection or problems with the catheter</li> <li>• Actions:             <ul style="list-style-type: none"> <li>○ Call <b>your home health nurse</b> _____ <i>(agency's phone number)</i></li> <li>○ Or call <b>your doctor</b> _____ <i>(doctor's phone number)</i></li> </ul> </li> </ul>
	<p><b>EMERGENCY</b></p> <p>Serious signs of infection may include:</p> <ul style="list-style-type: none"> <li>• Some of the signs of infection in the Yellow Zone (above) with any of the following:             <ul style="list-style-type: none"> <li>○ Temperature is above 100.5° by mouth</li> <li>○ Vomiting or chills</li> <li>○ Mental changes, sleepiness, or confusion</li> </ul> </li> </ul>	<p><b>Act NOW!</b></p> <ul style="list-style-type: none"> <li>• You need to be seen <u>right away</u></li> <li>• Actions:             <ul style="list-style-type: none"> <li>○ <b>Call your home health nurse</b> _____ <i>(agency's phone number)</i></li> <li>○ <b>Or call your doctor</b> _____ <i>(doctor's phone number)</i></li> <li>○ <b>Or go to the Emergency Department</b></li> </ul> </li> </ul>

References: [NIH](#), 2014; [CDC](#); n.d.