

How Can I Help Prevent CAUTI as a Patient?

- Ask your health care provider if your catheter can be removed.
- If you will be going home with a catheter, your health care provider will explain what you need to know about catheter care.
- If you develop any of the symptoms of a urinary tract infection, contact your health care provider immediately.

If you have any questions, please ask your health care providers.



Patient Education: **Catheter-Associated Urinary Tract Infection (CAUTI)**

Information for patients who have been diagnosed with **CAUTI**



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What is a Urinary Catheter?

A urinary catheter is a thin tube placed in the bladder to drain urine into a collecting bag.

A urinary catheter may be used:

- If you are not able to urinate on your own
- To measure the amount of urine you make
- During and after some surgeries
- During some kidney and bladder tests

What is a CAUTI?

A urinary tract infection (UTI) is an infection in the urinary system, which includes the bladder and kidneys.

A catheter-associated urinary tract infection (CAUTI) occurs when bacteria travel along the urinary catheter and cause an infection in the bladder or kidneys. People with urinary catheters have a higher chance of getting a urinary tract infection.



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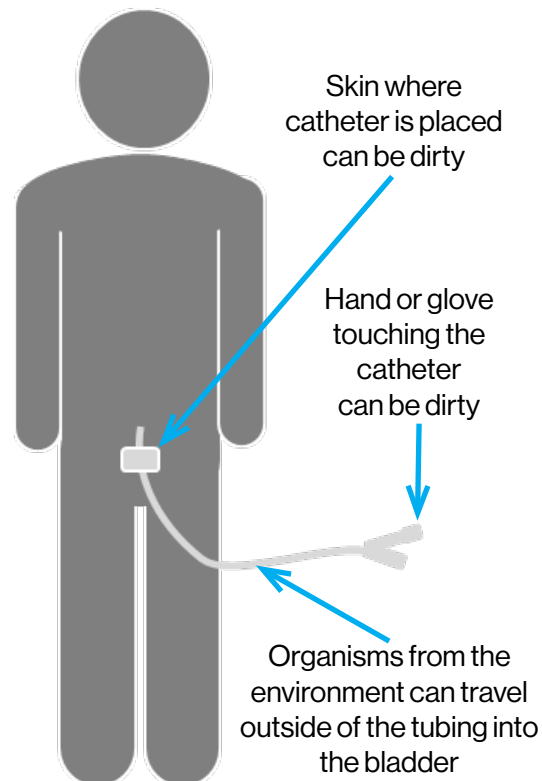
How Do I Know If I May Have a CAUTI?

Symptoms may include:

- Burning or pain in the lower abdomen (below the stomach)
- Bloody urine
- Burning during urination
- Increased frequency of urination after the catheter is removed

Sometimes people with CAUTIs do not have these symptoms.

How patients with urinary catheters can get infected with germs



How are CAUTIs Treated?

Treatment for this type of infection is antibiotics. The catheter may need to be removed and replaced.

How Can Health Care Providers Prevent CAUTIs?

- Use catheters only when necessary and remove them as soon as possible.
- Clean the skin area where the catheter will be inserted before insertion.
- Clean hands by washing them with soap and water or use an alcohol-based hand rub before and after touching the catheter.
- Only trained staff insert catheters using a sterile ("clean") technique.
- Avoid disconnecting the catheter and drainage tube to prevent bacteria from entering.
- Secure catheter to the leg to prevent pulling.
- Empty the bag regularly. The drainage spout should not touch anything while emptying the bag.
- When possible, use other methods to drain the urine from the bladder.