





## About my day leg drainage bag (leg bag)

### Wearing my leg bag

- I should only wear my leg bag during the day. **I shouldn't** wear it at night.
- I should wear my leg bag under my clothes.
- I should wear cotton underwear.
- I should keep my leg bag below my bladder so urine doesn't go back into my bladder.
- I should empty my leg bag when it is half full.
- I should check for kinks often.

### Tips for putting on my leg bag

- I should put the thigh straps through the holes at top and bottom of the bag.
- I should put my leg bag on my inner thigh. The markings should be at the top and facing out, and the drainage valve should be at the bottom. This will prevent pulling on my catheter.

### How to empty my leg bag

1. Wash my hands.
2. Hold the drainage valve over toilet. **I shouldn't** let the valve touch the toilet.
3. Turn the blue valve counter-clockwise and drain the urine into the toilet.
4. When bag is empty, I should turn the blue valve clockwise to close.
5. Attached bag to inner thigh (if needed).

## About my night drainage bag (night bag)

### Wearing my night bag

- I should only wear my night bag at night. **I shouldn't** wear it during the day.
- I should keep my night bag below my bladder so urine doesn't go back into my bladder.
- I should check for kinks before I go to sleep.

### Tips for putting on my night bag

- I can tape the tube to the top of my inner thigh on the side where the bag will hang at night. This will help stop uncomfortable rubbing.
- I should leave enough extra tubing so my catheter will not pull when I move during the night.
- I should set up my night bag using one of these options: 1. Attached to my bed frame using hooks. 2. Placed on a stool or the floor with a towel underneath. 3. Pinned to linen at the side of my bed.

### How to empty my night bag

1. Wash my hands.
2. Remove drain spout from sleeve by pinching the green ends with fingers together. Do not touch the tip of the drain spout.
3. Open the clamp and drain the urine into the toilet. **I shouldn't** let the valve touch the toilet.
4. When bag is empty, I should clean the spout with a tissue.
5. Close clamp.
6. Put bag back into sleeve.

