

# Care of Your Leg Bag

Your leg bag is an essential device to help manage urinary incontinence or catheter use. Proper care and maintenance of your leg bag are crucial to ensure hygiene, comfort, and effective function. This handout provides you with important guidelines to help you care for your leg bag properly.

## 1. Attaching the Leg Bag

- **Wash your hands** thoroughly with soap and water before handling the leg bag or catheter.
- **Secure the leg bag** to your thigh or calf using the provided straps. Ensure it is comfortably fitted but not too tight.
- **Position the bag** lower than your bladder to facilitate gravity drainage.

## 2. Emptying the Leg Bag

- **Empty the bag regularly**, at least every 4 to 6 hours or when it is about half full to avoid overflowing.
- **Wash your hands** before and after emptying the bag.
- **Use a clean container** or toilet to empty the contents. Open the drainage valve and let the urine flow out completely.
- **Close the valve** securely after emptying.

## 3. General Care Tips

- **Inspect the bag and tubing** regularly for signs of wear, damage, or leaks. Replace as necessary.
- **Avoid kinking or twisting** the tubing to ensure proper urine flow.
- **Hydrate well** by drinking plenty of fluids to maintain urine flow and prevent infections.
- **Consult your healthcare provider** if you experience discomfort, skin irritation, or notice any changes in urine color or odor.

## 4. Travel and Activity

- **Plan ahead** by carrying extra supplies, including a spare leg bag and cleaning materials.
- **Secure the bag** under clothing to maintain discretion and comfort during activities.
- **Stay hydrated** and take regular breaks to empty and check your bag during travel.

\*The information provided on the site is for educational purposes only, and does not substitute for professional medical advice. Consult a medical professional or healthcare provider if you are seeking medical advice, diagnoses, or treatment.