ZONE Tool:
Urinary Catheter Management

*Also available in* [*other languages*](http://homehealthquality.org/Resources/Interactive-Tools/Public/ZONE-Tools-List.aspx)*.*

| **GREEN ZONE** | **ALL CLEAR (GOAL)*** Urine is clear yellow without any odor
* At least ¼ cup (60 cc) urine every hour or
* No signs of infection near or at catheter exit site
	+ Pain, itching, burning, and/or draining
 | **Doing Great!*** Your symptoms are under control
* Actions:
	+ Continue with good personal hygiene care
	+ Clean and/or change the catheter bags and tubing as instructed
	+ Keep bag hanging below the bladder
	+ Keep all doctor appointments
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| **YELLOW ZONE**  | **WARNING****If you have any of the following:*** Signs of infection:
	+ Urine is cloudy and/or has an odor
	+ Blood in your urine
	+ Pain, itching, burning, and/or drainage near or at the catheter exit site
	+ Temperature is a 100.5° by mouth
	+ Color of urine is dark and looks like tea
	+ Pain and/or feeling of bladder fullness in the lower part of your belly
* Urine is leaking; wet bed and/or clothes
* A feeling of bladder fullness and/or little or no urine in the drainage bag
* Catheter has fallen out
 | **Act Today!*** You may have an urinary tract infection or problems with the catheter
* Actions:
* **Call** **your** **home health nurse:**

*(agency’s phone number)** + **Or call your doctor:**

*(doctor’s phone number)* |
| **RED ZONE** | **EMERGENCY**Serious signs of infection may include:* Some of the signs of infection in the Yellow Zone (above) with any of the following:
	+ - Temperature is above 100.5° by mouth
		- Vomiting or chills
		- Mental changes, sleepiness, or confusion
 | **Act NOW!*** You need to be seen right away!
* Actions:
* **Call your** **home health nurse:**

*(agency’s phone number)** + **Or call your doctor:**

*(doctor’s phone number)** **Or call 911 or go to the Emergency Department.**
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*References:* [*NIH*](http://www.nlm.nih.gov/medlineplus/ency/article/000483.htm)*, 2019; Hinkle, J.L. & Cheever, K.H., 2018;* [*CDC*](http://www.cdc.gov/hai/pdfs/uti/CA-UTI_tagged.pdf)*; n.d.*

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