

## Leg Bag Assembly

### Step by step

*This handout tells how to put together a leg bag. A leg bag is used to collect urine.*

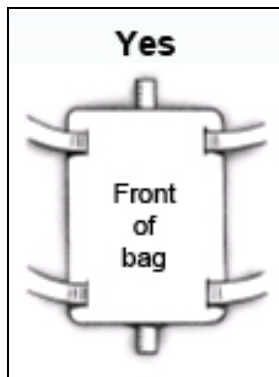
### Steps

1. **Gather the supplies you will need:**

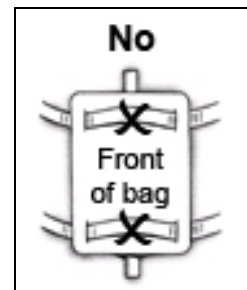
- Leg bag (sizes vary)
- 24 inches of tubing with connector (or the best length for you)
- Tip connector
- Catheter plug (optional)
- 6 inches of tubing (optional)
- Clamp (optional)

2. **Wash your hands with soap and warm water.**

3. **Attach the straps to the leg bag.** Remove the leg bag from the package. Insert one leg strap through the top left slit in the bag, then across the back of the bag, then through the right slit to the front of the bag. Insert the other strap in the same way through the slits on the bottom of the bag. The picture on the left shows the correct way to do this.

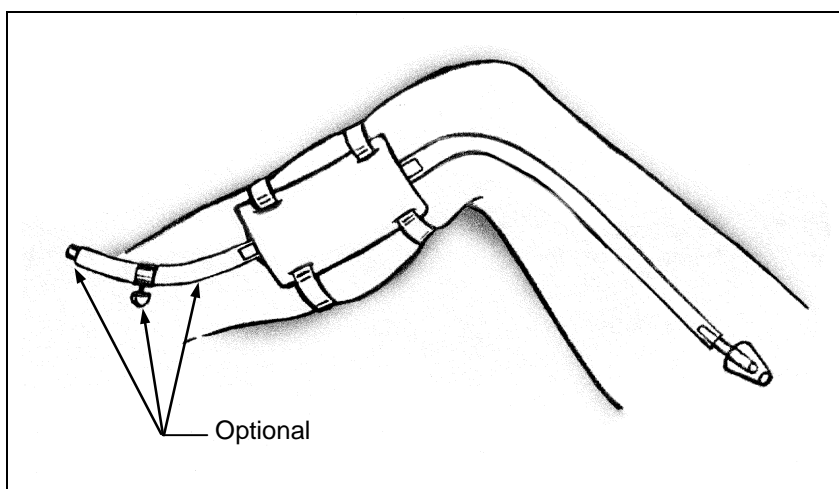


*Insert straps this way.*



*Do not insert straps this way.*

4. **Attach the drainage tubing.** This tubing is optional. Depending on the brand and style of leg bag you choose, this tubing may help you empty the leg bag more neatly. A plug or a clamp on the tubing are also optional, depending on what works best for you.
  - Do not touch the inside of the tubing or the leg bag connector.
  - Attach the 6-inch tubing to the bottom of the leg bag.
  - If it is hard to put the tubing on the connector, wet the connector with an alcohol wipe. This will help the tubing slide on more easily.
  - If you want to use a plug, insert the sterile catheter plug into the bottom (unattached) end of the 6-inch tubing.
5. **Attach the connecting (top) tubing.** The nurse will help you decide on the right length for you by measuring from the catheter along your leg, with your knee bent, to the top of the leg bag. The correct length of tubing for you is \_\_\_\_\_ inches.
  - Again, be careful not to touch the inside of the tubing.
  - Attach the open end of the tubing to the top of the bag.
6. **Put the bag on your leg.** Place the leg bag over socks or stockings, **not** on your bare skin. The upper strap of the leg bag should be just below your knee.



*Correct leg bag placement*

7. **Check the tubing.** After you are fully dressed, make sure that your clothing is not cutting off urine drainage.
8. **Check the straps during the day.** Make sure they are not rubbing or putting pressure on your leg.
9. **Empty the leg bag as needed.** You will soon learn how often you should empty the bag. It will depend on your fluid intake and your activity. When you are away from home, plan ahead so that you will be able to empty the urine into a toilet before the bag is too full.

## Other Types of Bags

There are many different bag styles. A leg bag cannot be used on your thigh because it will not drain properly. A special thigh bag is available, and so are bags that hang under your chair, out of view.

A thigh bag is used if you want to wear shorts. A belly bag can fit under a swimsuit. You may want to try several types of bag to find the one that works best for you.

### Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

#### UWMC Patients:

- Rehab Medicine Clinic: 206.598.4295
- 4-Northeast: 206.598.4422
- Urology: 206.598.4294

#### Other Patients:

Please call your healthcare provider at:

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