# Going Home with a Uterine Catheter

BC WOMEN'S HOSPITAL+ HEALTH CENTRE
Provincial Health Services Authority

## What is a uterine catheter?

A uterine catheter is a small, flexible, plastic tube. It has an inflatable balloon at one end. The balloon is in the uterus.

You may need a uterine catheter to help control bleeding, or to reduce the risk of scar tissue forming in the uterus.

The small balloon holds a small amount of water. This helps keep the catheter inside the uterus. The tube can be up to 25 cm (10 inches) long.

The end of the catheter may hang out of your vagina, or it may be tucked inside your vagina. At home, you can tuck it inside your vagina or leave it hanging. You can choose what is more comfortable for you.

## Uterine Catheter Removal

### Your surgeon will remove the uterine catheter on:

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If the catheter falls out of your body before this date, contact your doctor.

## Caring for yourself at home

- **Bleeding:** The end of the catheter may drain small amounts of blood. Use an absorbent pad as needed. Do not use tampons or menstrual cups.
- **Hygiene:** You may shower at any time unless your doctor asks you not to. Do not soak in a bathtub, pool, or hot tub while the catheter is inside.
- **Antibiotics:** Your doctor may prescribe you 1 or 2 antibiotics to reduce infection risk. Take these as directed.
- **Sexual activity**: Do not put anything in your vagina while the catheter is in.
- **Pain:** You may have mild to moderate cramping while the catheter is inside your uterus. You can take pain medications. A heating pad on your abdomen can also help.

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