

	文件類別	衛教單張	文件編號			3-063-081		
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	文件名稱	膀胱訓練須知(英文版)	制定日期			2017/06/15		
			修訂日期					

膀胱訓練須知

Urinary bladder training instructions

一、原則及注意事項:

- 1.晚上八點到隔日早上八點以前不做膀胱訓練，讓個案有好的睡眠，應將尿管打開。
- 2.紀錄每次自解狀況，包含時間、尿量。
- 3.若個案有發燒、解尿困難應通知醫護人員。

一、Principles and precautions :

- 1.For a good sleep of the case, don't perform urinary bladder training from eight pm to eight the next morning. The catheter should be open.
- 2.Record each self-urination status, including when to urinate and urine volume.
- 3.If the case has a fever and urination difficulties, notify the medical staffs.

二、方法:

- 1.將尿袋裡的尿液排空。
- 2.將尿管對摺，並用管夾夾緊或用橡皮筋綁緊。
- 3.定時喝水：每小時喝150-200 cc 或依指示攝取水份。
- 4.定時放鬆管夾：每三小時放鬆（打開）尿管15 分鐘，再綁緊尿管。
- 5.尿管綁緊後，若時間超過2 小時且未滿4 小時個案就有尿意感或小便外滲，應鬆管夾，並告知醫護人員。

二、Methods :

- 1.Empty the drainage bag.
- 2.Fold the catheter, and clamp it with the tube clip or rubber band.
- 3.Regular drinking: Drink 150-200 cc per hour, or ingest water by instructions.
- 4.Loosen the tube clip regularly: Loosen (open) the catheter for 15 minutes every 3 hours, and then clamp it again.
- 5.If the case has a sense to urinate or urine leakage after the catheter clamped for more than 2 hours and less than 4 hours, loosen the tube clip and notify the medical staffs.

以上資料來源自台灣長期照護專業協會，
若您對以上內容有任何疑問時，請洽詢護理人員。