

Caring for Your Urinary (Foley) Catheter

This information will help you care for your urinary (Foley) catheter while you're at home.

You have had a urinary catheter (a thin, flexible tube) placed in your bladder to drain your urine (pee). It's held inside your bladder by a balloon filled with water. The parts of the catheter outside your body are shown in Figure 1.

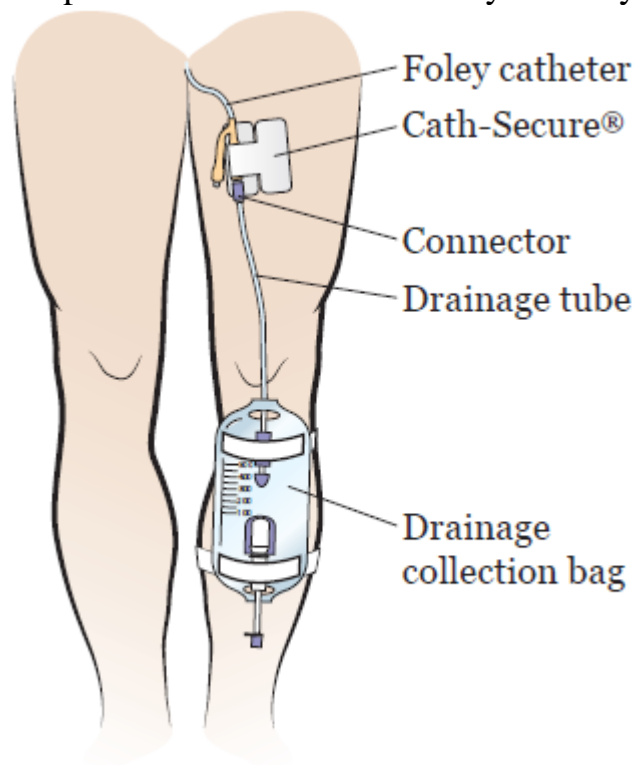


Figure 1. The parts of your Foley catheter

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Catheter Care

- You need to clean your catheter, change your drainage bags, and wash your drainage bags every day.
- You may see some blood or urine around where the catheter enters your body, especially when walking or having a bowel movement (pooping). This is normal, as long as there's urine draining into the drainage bag. If there's not, call your healthcare provider.

- While you have your catheter, drink 1 to 2 glasses of liquids every 2 hours while you're awake.
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Showering

- You can shower while you have your catheter in place. Don't take a bath until after your catheter is removed. This is because taking a bath while you have your Foley catheter puts you at risk for infections.
 - Make sure you always shower with your night bag. Don't shower with your leg bag. You may find it easier to shower in the morning.
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Cleaning Your Catheter

You can clean your catheter while you're in the shower.

You will need the following supplies:

1. Gather your supplies. You will need:
 - Mild soap, such as Dove[®]
 - Water
 - 1 Cath-Secure[®]
 2. Wash your hands with soap and water for at least 20 seconds.
 3. Using mild soap and water, clean your genital area.
 - Men should pull back their foreskin, if needed, and clean the area, including the penis.
 - Women should separate the labia, and clean the area from front to back.
 4. Clean your urethra (urinary opening), which is where the catheter enters your body.
 5. Clean the catheter from where it enters your body and then down, away from your body. Hold the catheter at the point it enters your body so that you don't put tension on it.
 6. Rinse the area well and dry it gently.
 7. If you removed your old Cath-Secure, use the new Cath-Secure to attach the catheter to your leg to keep it from moving.
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Changing Your Drainage Bag

You will change your drainage bag 2 times a day.

- In the morning after you shower, change the night bag to the leg bag.
- At night before you go to bed, change the leg bag to the night bag.

You will need the following supplies:

- A clean washcloth (not one already used for bathing) or a 4”x 4” piece of gauze
 - Night or leg drainage bag (whichever one you are switching to)
 - 2 alcohol pads
1. Wash your hands with soap and warm water for at least 20 seconds.
 2. Empty the urine from the drainage bag into the toilet. Make sure that spout of the drainage bag never touches the side of the toilet or any emptying container.
 3. Place the clean cloth or gauze under the connector to catch any leakage.
 4. Pinch off the catheter with your fingers and disconnect the used bag.
 5. Wipe the end of the catheter with an alcohol pad.
 6. Wipe the connector on the new bag with the second alcohol pad.
 7. Connect the clean bag to the catheter and release your finger pinch.
 8. Check all connections. Straighten any kinks or twists in the tubing.