



Taking Care of Your Foley Catheter at Home

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HEALTH

General Information

The information in this book will help you take care of your foley catheter at home.

It explains catheter care and how to use the drainage (collection) bags. It also gives general information that will help you take care of your catheter.

A Foley Catheter

Your catheter is held inside your bladder with a balloon filled with water. When it's time for your catheter to be taken out, your healthcare team will take the water out of the balloon allowing the catheter to slide out easily.

Foley Catheter Care

- **Always** wash your hands before touching your catheter.
- **Always** keep the drainage bag below the level of your bladder.
- Apply ointment around your catheter only if it is recommended by your provider.
- You may take a shower, unless your provider tells you not to. Shower every day, with mild body soap and rinsing well. Dry your body well with a clean towel.
 - Do not use a bathtub, hot tub, or pool when you have a foley catheter. This can increase the risk for an infection.
- Stay well hydrated. Drink clear fluids as recommended by your healthcare team. Your urine (pee) should be clear or light yellow in color.

Emptying the Catheter Drainage Bag

1. If you are using a leg bag during the day, empty the leg bag often, about every 2 to 4 hours.
2. Wash your hands with soap and water before emptying your drainage bag
3. Open the drain valve by twisting or unclamping to empty the urine (pee) out
4. Drain the bag into your toilet or measuring container, make sure the drainage bag is emptied completely
5. Clean the opening with an alcohol wipe
6. Close the drain valve

Changing Your Drainage Bag

Switching to a Leg Bag

You do **not** have to switch to a leg bag during the day. If you prefer, you may always use a large drainage bag.

1. Wash your hands with soap and water
2. Clean the connection of the leg bag with an alcohol wipe
3. Clean the connection of the large drainage bag with an alcohol wipe before taking it apart
4. Pinch or clamp the catheter
5. Disconnect the tubing and connect the leg bag
6. Adjust the leg bag straps around your leg, leaving enough slack that your catheter can move freely when you walk

Switching to a Large Drainage (Overnight) Drainage Bag

You will need to use the large drainage bag overnight, do not wear a leg bag to bed.

1. Wash your hands with soap and water
2. Clean the connection of the leg bag with an alcohol wipe before taking it apart
3. Clean the connector of the overnight drainage bag with an alcohol wipe
4. Pinch or clamp the catheter
5. Disconnect the leg bag and connect the tubing of the overnight (large) drainage bag

Cleaning Your Drainage Bag

If you are changing your drainage bag, you will need to clean all your collection bags every day.

1. Wash your hands with soap and water
2. Drain all urine from your collection bag
3. Using a funnel or catheter-tip syringe, fill the collection bag with a cleaning solution made with:
 - A few drops of dish soap
 - Clean warm water
4. Leave the cleaning solution in your collection bag for 30 minutes
5. Empty the cleaning solution from the bag and rinse well with clean water
6. Let your collection bag air dry until the next use

Sleeping with a Foley Catheter

Sleeping with a Large (Overnight) Drainage Bag

- This collection bag holds a large amount of urine and should not need to be emptied until morning.
- When you are in bed, arrange the drainage tubing so it does not kink or loop.
- Hang the drainage bag on the side of your bed. Do not lay your drainage bag on the floor.
- Always keep your drainage bag below the level of your bladder.
- Use tape or a catheter strap to secure the tubing to your thigh. Be sure the drainage bag is not pulling on the catheter.
 - Alternate (switch) securing the tubing to your left or right leg each day to prevent injury to your skin.

When to Call Your Provider

It is very important to keep all your follow-up appointments and return to your providers' office to change or remove your foley catheter.

Contact your provider if:

- You have chills or a fever of 100.4°F or more
- Your catheter is not draining urine or falls out
- You have new flank pain (pain on either side of your lower back, just above your hips)
- Confusion or having a hard time concentrating
- New or worsening blood in your urine that makes it thick like ketchup

Supplies

Before leaving the hospital, ask your nursing team about the following supplies:

- Leg bags
- Leg straps
- Overnight drainage bag
- Syringe
- Alcohol swabs (wipes)

My Sanford Nurse

Reach a Sanford Health nurse 24 hours a day, 7 days a week in your area today at (877) 473-1215.

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Always follow your health care provider's instructions.

