



Urine Catheter Care *and* Maintenance

Because of your medical problem, your body is having trouble completely emptying the bladder of urine. This is why your healthcare provider has prescribed a Foley catheter. The Foley catheter will act as a drain to empty the bladder. A Foley catheter is a thin hollow tube made of soft, flexible material. It is passed through the urethra into the bladder. The catheter is held in place by a small water-filled balloon which is inflated in the bladder to keep the catheter from falling out while you go about daily activities. Urine will automatically drain out of your bladder into the bag which is attached to the catheter. Occasional leakage is not unusual. Call a healthcare provider if leakage is persistent or in large amounts, strong odor or cloudy urine, blood in the urine bag, chills fever above 99.4 degrees, lower back pain, swelling at catheter insertion site, or disorientation or change in mental status.

Daily Catheter Care

- ✓ **Wash your hands thoroughly with mild soap and water.**
- ✓ **Using mild soap and water, clean your genital area.**
- ✓ **Men should retract the foreskin and clean the area including the penis. Women should separate the labia and clean the area from front to back.**
- ✓ **Clean the urinary opening which is where the catheter enters the body by cleaning in a downward motion away from the body. Hold the catheter at the point it enters the body so as not to put tension on the catheter.**
- ✓ **Rinse the area well and dry it gently.**
- ✓ **Place a Cath-Secure to keep the catheter from moving.**

Changing the Drainage Bag

- ✓ **Change the drainage bag twice daily. In the morning after showering change the night bag to the leg bag. At night before bed, change the leg bag to the night bag.**
- ✓ **Wash your hands thoroughly with soap and water.**
- ✓ **Empty the urine from the drainage bag into the toilet before you change it.**
- ✓ **Pinch off the catheter with your fingers and disconnect the used bag.**
- ✓ **Wipe the end of the catheter using an alcohol pad.**
- ✓ **Wipe the connector on the new bag using the second alcohol pad.**
- ✓ **Connect the clean bag to the catheter and release your finger pinch.**
- ✓ **Check all connections. Straighten any kinks or twists in the tubing.**

Caring for the Leg Bag

- ✓ **Always wear the leg bag below your knee as this will help it drain.**
- ✓ **Keep the leg bag secure with Velcro straps. If the straps leave a mark on your leg, they are too tight and should be loosened. Leaving the straps too tight can decrease your circulation and lead to blood clots.**
- ✓ **Empty the leg bag through the spout at the bottom every 2 t./o 4 hours as needed. Do not let the bag become completely full.**

- ✓ **Do not lie down for longer than 2 hours while you are wearing the leg bag due to over fill of the bag with urine.**

Caring for the Night Bag

- ✓ **Always keep the night bag below the level of your bladder.**
- ✓ **To hang your night bag while sleeping, place a clean plastic bag inside of a wastebasket. Hang the night bag on the inside of the wastebasket.**

Cleaning the Drainage Bags and urinal

- ✓ **Wash your hands thoroughly with soap and water.**
- ✓ **Rinse the equipment with cool water. Do not use hot water because it can damage the plastic equipment.**
- ✓ **Wash the equipment with a mild liquid soap and rinse with cool water.**
- ✓ **To decrease odor, fill the bag /urinal halfway with a mixture of 1 part white vinegar and 3 parts water. Shake the bag/urinal and let it sit for 15 minutes.**
- ✓ **Rinse the bag with cool water and hang it up to dry. Rinse urinal out with bleach or vinegar mixed with water as needed.**

Preventing Infection

- ✓ **Keep the drainage bag below the level of your bladder and off the floor at all times.**
- ✓ **Keep the catheter secured to your thigh to prevent moving.**
- ✓ **Do not lie on or block the flow of urine in the tubing.**
- ✓ **Keep the catheter clean daily.**
- ✓ **Clean your hands before and after touching the catheter or bag.**
- ✓ **The spout of the drainage bag should never touch the side of the toilet or any emptying container**
- ✓ **Drink 1 to 2 glasses of liquids every 2 hours while awake.**
- ✓ **It is normal to see some blood or urine around where the catheter enters the body especially when walking or having a bowel movement.**
- ✓ **If using a self- catheterization appliance dispose of in the trash after a one time usage and secure the trash bag closed.**