

Caring for Your Urinary (Foley) Catheter at Home

You have had a Foley catheter (a thin, flexible tube) placed in your bladder to drain your urine. It's held inside your bladder by a balloon filled with water.

You have two bags – a large “night” bag and smaller leg bag.

Taking care of your catheter

Gather these supplies:

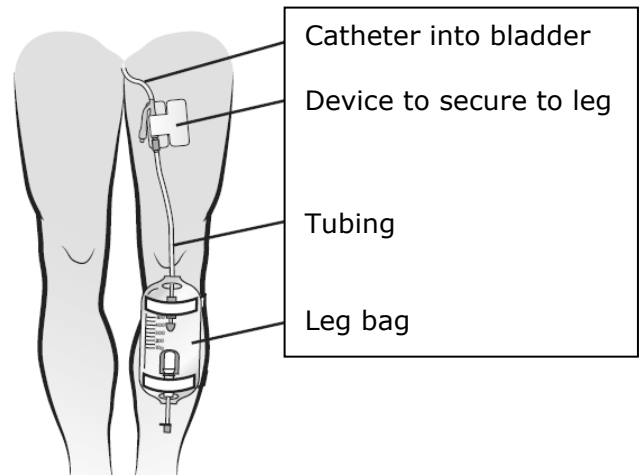
- Mild soap and water
- Washcloth and towel
- Leg Strap or other device

You can shower but do not take a bath.

Use your large bag in the shower.

Follow these instructions to clean around the catheter:

1. Wash your hands with soap and water.
2. Using mild soap and water, clean your genital area.
 - Men should retract the foreskin, if needed, and clean the area, including the penis then pull the foreskin back over the penis.
 - Women should separate the labia, and clean the area from front to back.
3. Clean your urethra (urinary opening) - where the catheter tubing enters your body.
4. Clean the catheter tubing from where it enters your body and then down, away from your body. Do not pull.
5. Rinse the area well and dry it gently.
6. Use the device you were given to attach the tubing to your leg to keep it from moving.



Changing the drainage bag

You will change your bag twice a day.

- In the morning after you clean around the catheter, change the large bag to the leg bag.
- At night before you go to bed, change the leg bag to the large bag.

Gather these supplies:

- A clean washcloth (not one already used for bathing) or a 4"x 4" piece of gauze
- Clean large or leg bag (whichever one you are switching to)
- 2 alcohol pads

Follow these instructions to change the bag:

1. Wash your hands thoroughly with soap and warm water.
2. Empty the urine from the bag into the toilet using the valve. The spout at the end of the tubing should never touch the toilet or container.
3. Place the clean cloth or gauze under the connector to catch any leakage.
4. Pinch off the tubing with your fingers and disconnect the used bag.
5. Wipe the end of the tubing with an alcohol pad.
6. Wipe the connector on the new bag with the second alcohol pad.
7. Connect the clean bag to the tubing and release your finger pinch.
8. Check all connections. Straighten any kinks or twists in the tubing.

Caring for the Drainage Bags

- Always wear the leg bag below your knee or the large bag below the level of your bladder. This will help it drain.
- Keep the bag secure. Do not pull on the tube. Keep the bag off the floor.
- Empty the bag when it is just over half full. Measure the amount of urine and write it down (if advised to do so by your provider).
- Don't lie down for longer than 2 hours while you are wearing the leg bag.
- There is no need to clean the bag.
- Change to a new bag every month or if there is a leak.

Preventing Urinary Tract Infection

- Clean your hands before and after touching the tubing or bag.
- Clean the catheter area daily. Clean the bags and tubing regularly.
- Always keep the bag below the level of your bladder and off the floor.
- Keep the catheter secured to your thigh to prevent it from moving.
- Don't lie on your catheter or block the flow of urine in the tubing.
- Drink at least 6 to 8 glasses of liquid every day (unless told something else by your doctor).

Call Your Doctor right away if:

- Your catheter comes out; do not try to replace it yourself
- You have a temperature of 101° F (38.3° C) or higher
- You are making less urine than usual
- You have foul-smelling urine.
- You have itching, rash or burning where the tubing leaves the body.
- You have bright red blood or large blood clots in your urine
- You have abdominal (belly) pain and no urine in your catheter bag