

MURDOCK UROLOGY ASSOCIATES

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HOME CARE OF A FOLEY CATHETER

When you are discharged from the hospital, you will also be leaving with your Foley catheter. This rubber tube, or catheter, will stay in your bladder until the time specified by your doctor. The catheter allows for continuous urinary drainage and is held in place by a water balloon on the end of the tube that is inside your bladder.

GENERAL INSTRUCTIONS

- # Drink lots of fluids, 3 to 4 quarts a day, unless fluids are restricted for a medical reason. This will help clean out the urinary system. Keep the urine diluted to prevent accumulation of deposits in the urine and flush bacteria away. **AVOID** caffeine and alcohol as much as possible. Water, milk, juices, non-caffeinated sodas, lemonade, etc. are better choices.
- # Keep the area where the catheter leaves your body clean.
- # Keep the catheter well secured to your leg so there is no tension on the catheter.
- # Keep the drainage bag below the level of your bladder, but off the floor. A clean plastic bucket or a waterproof bag are suggested.
- # Do not soak in a tub. Ask your doctor if you may shower.

CATHETER CARE

- # Keep the catheter insertion site (also called the urinary meatus) clean. A careful cleansing routine will help prevent the introduction of bacteria from this site. It should help you feel more comfortable, as it will help prevent odor and skin irritation. Cleansing of the catheter site should be performed twice a day and more often if you have buildup of secretions around the site. Consider applying an antibiotic ointment such as bacitracin or neosporin to the meatus.
- # Wash your hands before touching ANYTHING to do with the catheter or bag.
- # Use mild soap and warm water on a washcloth, and clean the area closest to the catheter insertion site using a circular motion around the catheter. Then, clean the catheter itself by wiping **AWAY** from the insertion site for several inches down the tube. **NEVER** wipe upward to the urinary meatus, as this could sweep bacteria up into the urethral tract.

MEN: Starting at the catheter, make larger circles until the entire glans of the penis is cleaned. Uncircumcised men should take special care to clean under the foreskin. If you are uncircumcised, keep the foreskin pulled down over the catheter.

WOMEN: Clean your perineum from **FRONT** to **BACK**.

MANAGEMENT OF DRAINAGE BAGS

- # You may be given two drainage bags to take home with you - a large, overnight drainage bag and a smaller leg bag which fits underneath your clothing. You may wear the overnight bag at any time, but **NEVER** wear the leg bag at night - it must be changed for the larger bag.
- # Keep the drainage bag well below the level of your bladder. This prevents back flow of urine into the bladder and allows the urine to drain freely.
- # Anchor the tubing to your leg. This prevents pulling or tension on the catheter. You may use tape or a leg strap provided by the hospital.
- # Empty the drainage bag when it is 1/2 to 3/4 full. Remember to wash your hands before and after touching the bag.
- # Periodically check the tubing for kinks to assure that there is no pressure on the tubing, which could restrict the flow of urine.

CONTINUED ON PAGE 2

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HOME CARE OF A FOLEY CATHETER - PAGE 2

CONTACT YOUR PHYSICIAN IF ANY OF THE FOLLOWING SYMPTOMS OCCUR

- # Fever over 100.5 degrees Fahrenheit and/or chills.
- # Moderate or severe pain in the kidney (lower back) region.
- # There is a large blood clot in your urine.
- # If the catheter becomes clogged and there is no urine drainage.

CHANGING THE DRAINAGE BAG

- # Empty the urine bag you are currently using before you start to avoid a big urine spill.
- # Check the clean bag and make sure the drainage clamp is closed.
- # Clean both ends of the clean bag with alcohol before changing.
- # Pinch off the rubber catheter to avoid urine spillage during disconnection.
- # Disconnect the dirty bag and reconnect the clean one.
- # Attach the new bag to leg with tape or leg strap.

CLEANING DRAINAGE BAG

- # Whenever a drainage bag is disconnected, it must be cleaned right away in readiness for the next time you will use it.
- # Wash the bag in warm, soapy water.
- # Rinse the bag thoroughly with warm water.
- # Soak the bag in a solution of white vinegar and water - 1 cup vinegar to 1 quart warm water for 30 minutes.
- # Rinse with warm water.
- # Hang to dry.

INSTRUCTIONS ON HOW TO REMOVE A FOLEY CATHETER

- # Only remove Foley when instructed by your doctor.
- # Stand upright above a garbage can.
- # Cut the tubing of the Foley catheter with a scissors *as illustrated below*.
- # Wait 10 seconds until all fluid has drained from the cut tubing.
- # Gently pull the catheter out, if it has not already come out on its own.

