



Foley Catheter Care

General Guidelines

To prevent the catheter from moving, keep it secured to your leg with an elastic strap or adhesive tape. Always keep the drainage bag below the level of the bladder. The tube must remain free of bends or kinks which prevent urine from draining.

When used by men, the catheter should be taped to the abdomen or penis and kept upright to prevent irritation.



Every day, wash around the catheter and perineum with soap and water; rinse and dry these areas well. You may shower while wearing the catheter. Sitting in the tub, however, is not recommended. Good personal hygiene prevents the accumulation of bacteria, reduces the risk of infection, and prevents odor.

Drink at least 2 quarts of liquid a day. Drink up to 1 quart of cranberry juice a day. Limit citrus juices to 4 to 6 ounces a day.

Crystals may form inside the

catheter and cause blockage. Roll the catheter daily between your thumb and index finger to prevent crystals from forming.

Notify your doctor of any of the following:

- symptoms of urinary tract infection: fever, chills, back pain, cloudy urine with a strong odor
- bloody urine
- no urine drainage
- leakage of urine around catheter
- catheter falling out
- burning at catheter site.

Use the leg drainage bag when you are awake and the bedside drainage bag when you are in bed. Conceal the leg bag under your clothing: women can wear the bag on the thigh, men can wear the bag on either the calf or the thigh. Choose a leg strap appropriate for your body size. Be sure that the leg bag straps are not too tight. Tight straps may interfere with your blood circulation or cause a blood clot in the lower leg.

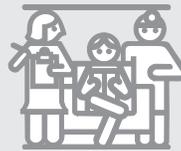
Changing from one bag to another

1. Gather your equipment: the bag to be used and an alcohol swab (not Betadine).

2. Wash your hands thoroughly with soap and water.
3. Swab the end of the drainage tubing that will be attached to the Foley catheter.
4. Disconnect the drain-age bag from the Foley catheter and put the bag aside.
5. Attach a clean bag to the catheter.

Cleaning the bags

1. Empty the urine from the bag. Leave the spout end open for cleaning.
2. Gather and prepare cleaning supplies:
 - mixture of 1 cup vinegar and 1 cup cool water
 - 50 ml syringe
 - cap or cover for tube connector
3. Submerge and soak the bag and cap in soap and water for at least 15 minutes. Drain the water.
4. Rinse all soap inside and out with cool water.



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