



London Health
Sciences Centre

Patient Information

**HOME CARE
FOR YOUR
FOLEY CATHETER**

When Should You Call Your Doctor?

If any of the following situations occur:

1. Bladder Infection
 - your urine is foul smelling and cloudy
 - chills
 - fever
 - increased drainage from around the catheter
 - your perineum becomes reddened and sore
 - lower abdominal pain
2. Urethral Irritation
 - increased pain, discomfort or yellow discharge from urethra
3. Increased Blood in Your Urine
 - increase your fluid intake first
 - you see more blood clots in tubing
4. Removal
 - If accidental removal of the catheter has occurred, call your doctor immediately and go to the Emergency Room

When Should You Call Home Care?

3. Blocked Catheter
 - urine leaking around the catheter
 - obvious decrease in urine output
 - restlessness
 - bladder feels full

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If you have any questions please call your Home Care Nurse or your Doctor's office.

HOME CARE FOR YOUR FOLEY CATHETER

You have been discharged home with your foley catheter in place. In order to care for your catheter you must follow a few guidelines that your doctor has established. The nursing staff and Home Care will supervise the care of your catheter for a little while and then teach you how to care for your catheter.

What is a Foley Catheter?

The foley catheter is a rubber tube that has been inserted into your bladder to drain the urine. A small balloon is inflated at the tip of the catheter, inside your bladder, to hold it in place.

We have developed a list of guidelines for you to follow in order to feel comfortable in caring for your catheter.

1. Drink plenty of fluids, 2-3 litres, each day.
2. Take all the medications prescribed by your doctor for the full course of therapy.
3. Watch the tubing for any kinks and ensure that the urine is draining freely. Avoid lying on or applying pressure to the tubing.
4. Your urine drains according to gravity (downward) so make sure that the drainage bag is below the level of your bladder.
5. Tape the catheter securely to your leg to avoid any tugging or pulling on the catheter.
6. Watch the colour of your urine. Unless otherwise told by your doctor your urine should be a straw yellow colour.

7. Empty the drainage bag at regular intervals. A leg bag should be emptied every 3-4 hours and a night drainage bag every 8-12 hours or more often as needed.
8. Wash your perineum (genital area) and the catheter twice a day with soap and water. Rinse and dry well.

To prevent any problems with your catheter you should follow a few steps:

- Always wash your hands with soap and water before and after handling your catheter or emptying the drainage system.
- Follow the guidelines in caring for your catheter and the drainage system that you are using.
- NEVER remove your catheter by yourself as it WILL damage your bladder and your urethra.
- Keep all doctor's appointments for check-ups or catheter changes.

Leg Bag - Daytime Use

The leg bag allows for the greatest freedom of movement with a catheter in place and is ideal to use during the day. The leg bag straps to your leg and is hidden under your clothes.

How Do I Connect the Leg Bag?

1. Strap the leg bag on your thigh with the stopper on the bottom
2. Connect the flexible rubber tubing to the catheter outlet.
3. Connect the end of the rubber tubing to the top of the leg bag.
4. Empty the bag every 3-4 hours or as often as necessary.

To Empty the Leg Bag

1. Wash your hands
2. Free the strap at the bottom of the leg bag.
3. Position the bag over the toilet and turn the stopper until the urine flows freely out
4. Do not touch the spout of the leg bag with your hands or the toilet
5. Close the stopper securely and refasten the end of the leg bag to your leg

Night Drainage Bag

A larger drainage bag is used at night while you are sleeping.

How do I connect the night drainage bag?

1. Undo the leg bag straps
2. Disconnect the rubber tubing connected to the catheter from the leg bag
3. Insert the tubing attached to the night drainage bag into the end of the catheter
4. Make sure the urine is flowing freely and that there are no kinks in the tubing.
5. Rinse out the leg bag and tubing with a solution of 1 part white vinegar and 3 parts water. Hang up to dry.
6. In the morning, empty the urine from the bag into the toilet.
7. Rinse out the bag and tubing with your vinegar and water mixture.