



300 Grand Ave, Suite 202  
Englewood, NJ 07631  
201.816.1900  
Fax 201.816.1777

663 Palisades Avenue, Suite 304  
Cliffside Park, NJ 07010  
201.313.1933  
Fax 201.313.9599

---

## Catheter Care Instructions

### What is a urinary (Foley) catheter?

- A urinary catheter is a flexible plastic tube used to drain urine from your bladder when you cannot urinate by yourself.
- The catheter is inserted into the bladder through the urethra, the opening that carries urine from the bladder to the outside of the body.
- When the catheter is in the bladder, a small balloon is inflated to keep the catheter in place.
- The catheter allows urine to drain from the bladder into a bag that is usually attached to the thigh.
- Catheters may be needed because of certain medical conditions, such as an enlarged prostate, urinary retention, the inability to control the release of urine, or after surgery on the pelvis or urinary tract.
- Urinary catheters **MUST** be changed every 4 - 6 weeks. It is your responsibility to make and the appropriate follow-up appointments. If you cannot keep your appointment, please contact us to reschedule in a timely fashion. If your catheter is due for a change and you have difficulty getting an appointment, please let us know and we will help to accommodate you.

### Catheter care:

- Make sure that the catheter tubing does not get twisted or kinked and that urine is flowing out of the catheter into the urine collection bag.
- Unless you have been told not to, it is okay to shower with your catheter and urine collection bag. However, sitting in the tub is not recommended.
- Clean the area around the catheter twice a day using soap and water. Dry with a clean towel afterward.
- Good personal hygiene prevents growth of bacteria, reduces the risk of infection, and prevents odor.
- Try to keep the urine collection bag below the level of your bladder but avoid contact with the floor.
- Do not tug or pull on the catheter.
- Keep the catheter secured to make sure that the urine collection bag does not drag and pull on the catheter (frequent emptying will help to prevent pulling as the bag fills).
- Be sure that the leg bag straps secure but are not too tight.
- Wear loose cotton underwear if you have irritation or a rash from your catheter.
- Do not have sexual intercourse while wearing a catheter.
- You may wrap some gauze around the catheter where it enters your body if there is any drainage or leakage. Change the gauze when it feels wet.
- Check for inflammation around the catheter such as pus or irritated, swollen, red, or tender skin.

---

## Catheter Care Instructions (Continued)

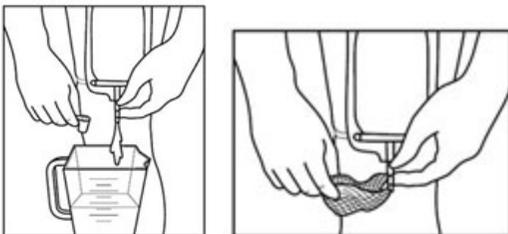
### Contact your doctor if:

- No urine or very little urine is flowing into the collection bag for 4 or more hours.
- No urine or very little urine is flowing into the collection bag and you feel like your bladder is full.
- You have new pain in your abdomen, pelvis, legs, or back.
- Your urine has changed color, is very cloudy, has a foul odor, looks bloody, or has large blood clots.
- The insertion site becomes very irritated, swollen, red, or tender, or you have pus draining from the catheter insertion site.
- Urine is leaking from the insertion site.
- You have a fever of 100°F (37.8°C) or higher.
- You develop back or flank pain, nausea, vomiting, or shaking chills.

### Emptying the urine collection bag:

- You should empty the bag regularly, whenever it is half full, and at bedtime.
  1. Wash your hands with soap and water. You may wish to wear disposable gloves.
  2. Unfasten the lower leg strap if you wear a leg bag.
  3. Open the valve on the spout and let the urine flow out of the bag and into the toilet or a container. Do not touch the drain port with your fingers or allow it to touch the container or toilet seat.
  4. After you empty the bag, wipe off the end of the drain spout and remember to close the valve.
  5. Wash your hands with soap and water

#### Leg Bag



#### Bedside Bag





300 Grand Ave, Suite 202  
Englewood, NJ 07631  
201.816.1900  
Fax 201.816.1777

663 Palisades Avenue, Suite 304  
Cliffside Park, NJ 07010  
201.313.1933  
Fax 201.313.9599

---

## **Catheter Care Instructions (Continued)**

### **Changing from one bag to another:**

- At night, you may wish to use an overnight urine collection bag that can hang on the side of your bed.
  1. Gather your equipment (A clean leg bag or Foley bag and an alcohol prep)
  2. Wash your hands thoroughly with soap and water.
  3. Disconnect the drainage bag from the catheter and put the bag aside.
  4. Swab the end of the catheter that will be attached to the new drainage tubing with the alcohol prep.
  5. Attach a clean bag to the catheter.
  6. Wash your hands thoroughly with soap and water or hand sanitizer.

### **Cleaning the bags:**

- You may buy a commercially prepared urinary appliance cleaner to clean the drainage bag, or you may make a solution with a mixture of 1 cup of cool tap water and 1 cup of white vinegar.
  1. Wash your hands thoroughly with soap and water.
  2. Empty the urine from the bag. Leave the spout end open for cleaning.
  3. Disconnect the drainage bag from the catheter and replace it with a clean bag as above.
  4. Flush the dirty bag with tap water, drain water from the drainage spout and close the spout.
  5. Using a 50mL syringe or funnel, fill the bag half full with vinegar solution or commercial cleanser.
  6. Close the bag and allow this liquid to stay in the bag for 30 minutes (or as instructed on commercial cleanser).
  7. Drain the cleaning solution, rinse the entire bag with tap water, and drain again.
  8. Hang the bag to dry with all caps and drainage spout open.

### **After catheter removal:**

- You may have some burning the first few times you urinate. If the burning lasts longer, call your doctor as it may be a sign of an infection.
- Drink plenty of fluids, enough so that your urine is light yellow or clear like water.
- You may have trouble urinating. If this happens, try sitting in a few inches of warm water (sitz bath). This may help you relax. If you feel the urge, it may be easier to urinate while you are still in the bath.
- If you do not urinate within 8 hours after the catheter is taken out or if you have a feeling of fullness or pain in your bladder or belly call your doctor or go to the closest emergency room.