

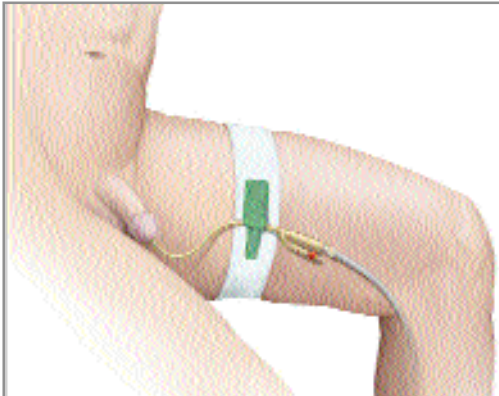


Foley Catheter Care

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 secured to the upper thigh or lower abdomen. Women should secure catheter to the thigh.



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.

Avoid caffeinated drinks. They can irritate the bladder and cause bladder spasms.

Notify your doctor if you have:

- symptoms of urinary tract infection: fever, chills, back pain, cloudy urine with a strong odor
- bloody urine
- no urine drainage
- fluid leaking around the catheter
- problems such as the catheter falling out
- burning at the 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. Secure the leg drainage bag with leg straps. 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:
 - clean leg bag or Foley bag
 - alcohol prep
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.
6. Wash your hands thoroughly with soap and water or hand sanitizer.

Cleaning the bags

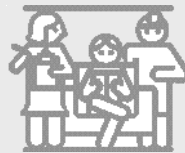
1. Empty the urine from the bag. Leave the spout end open for cleaning.
2. Gather and prepare cleaning supplies:
 - mixture of 1 cup vinegar and 1 cup cool water
 - 50 mL syringe
 - cap or cover for tube connector

Or

Commercially prepared urinary appliance cleaner

3. Flush the bag with tap water using syringe. Drain water from the drainage spout and close the spout.

4. Using a syringe, fill the bag half full with vinegar solution or commercial cleanser. Close the bag and allow this liquid to stay in the bag for 30 minutes (or as instructed on commercial cleanser).
5. Drain the cleaning solution, rinse the entire bag with tap water, and drain again.
6. Use the syringe to put air in the bag. Hang the bag to dry with all caps and the drainage spout open.
7. When everything is dry, store the bag in a container.



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