

Urinary Catheter

The basic information presented here was developed by clinicians. It may differ to some extent from your particular situation. This information is intended to be used only in conjunction with professional guidance from healthcare providers.

Your urinary drainage catheter or “**Foley catheter**” is a soft flexible tube placed through your urethra into your bladder. It drains the urine from your bladder into a collection bag. This information will tell you how to take care of this catheter and what to do if problems occur. Your nurse will go over all of this information with you and show you how to do each step.

Equipment Needed: (your actual supplies may vary)

- Moist towelette or soap and water
- Measuring Container
- Output Record Sheet
- Pen or Pencil

Here are some other supplies that you may need. Your nurse will tell you which ones you will need and how to use them.

- Cath Secure® or other device for securing the tube to your leg
- 1 inch wide plastic tape
- Large drainage bad for overnight use
- Smaller Leg Bag for daytime use outside your home
- Alcohol swabs
- Water-Soluble lubricant such as KY jelly® or SurgiLube.
- 4 X 4 Gauze Pads
- 2 inch wide paper tape
- Providone/Betadine Iodine Swabs
- Plastic Clamp.
- Other: _____
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Procedure

1. Assemble equipment
2. Wash hands with soap and water, or moist towelette if soap and water are not available
3. Cleanse catheter where it enters the urethra and the perineal area with soap and water or moist towelette twice daily and the anal area after each bowel movement.
4. Empty the drainage bag when half full, or at least 3 times a day.
5. Measure your urine output drained and record on the output record if you were instructed to do so.
6. Use the leg bag in the daytime when you are up and about.

7. Use the large drainage bag at night so you do not have to get up to empty your bag as frequently.
8. Avoid tension or pulling on the catheter to prevent irritation or injury to the urethra, prostate, or bladder
9. Never raise the drainage bag above bladder level. This will allow urine, which may contain bacteria, to back up by gravity into the bladder causing bladder infection.
10. Inspect the catheter and drainage tube periodically for kinks, which could obstruct urine flow and result in bladder distension.
11. Wash the leg bag with soap and water before each use and periodically to prevent infection.

Notify Your Nurse or Doctor If:

You are not able to pass any urine due to an obstruction or plugging.

The color of your urine changes from yellow straw to red, dark pink or cloudy.

The odor remains very strong. Note: some foods and medication cause urine to have an odor (e.g. Asparagus) or become discolored.

You have a fever of 38.5° C, or 101° F or higher.

You have any questions or concerns

Notes:

