

**ROCKFORD UROLOGICAL ASSOCIATES, LTD.
351 EXECUTIVE PARKWAY
ROCKFORD, IL 61107
(815) 398-4057**

FOLEY CATHETER HOME CARE INSTRUCTION SHEET

GENERAL:

The Foley catheter, held in place by a balloon inside the bladder, allows continuous urine drainage into a collection bag.

During the day, you will use the smaller leg bag that straps around your thigh. It lets you move around more easily, but it must be emptied every 1-2 hours, or as needed. During the night, you will use the larger, hospital-type bag. It does not need to be emptied as often. When you get into bed, be sure to arrange the drainage tubing so it does not kink or loop. Make sure that the bag is hanging off the side of the bed, but do not leave the bag on the floor.

TO EMPTY THE SMALL OR DAY BAG:

Wash your hands.

Twist light blue valve at the bottom end of the bag counter-clockwise to empty or drain. (Lefty Loosey – To open or drain).

To close the bag, twist the valve clockwise. (Right Tightly – To close)

TO EMPTY BIG BAG OR NIGHT BAG:

At the bottom end of the bag, there is a circular panel with white latch to open and close. **Make sure it clicks when you close the bag.**

TO CHANGE YOUR COLLECTION BAG:

Wash your hands.

Empty the collection bag.

Carefully (without pulling on the Foley catheter) disconnect the catheter from the drainage tube. Connect the catheter and new drainage tube. (AVOID TOUCHING THE OPEN END OF THE CATHETER OR THE DRAINAGE TUBE WITH UNWASHED HANDS).

TO CARE FOR YOUR COLLECTION BAG:

Prepare a mixture of 1 Tablespoon vinegar and 700 cc of warm water in a measuring container.

Empty urine bag, then close it.

Instill vinegar solution into the bag by closing the big syringe provided.

Shake bag a few times.

Empty and leave the drainage spout open and hang the collection bag to air dry.

Clean outside of the bag with soap and water as needed. You can also use hand wipes if available.

TO HELP PREVENT INFECTION:

Wash the area around the catheter at least three times a day, and as often as needed to keep the area clean and dry. Use soap and water, and apply ointment.

NEVER pull on your catheter to try to remove it yourself.

Tap the catheter or attach the Velcro strap to your thigh for comfort.

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Keep the drainage tubing free of kinks or loops.
ALWAYS keep the collection bag below the level of the bladder.
Drink at least eight (8) large glasses of water every day.
Keep the bag attached to the catheter at all times, **even when showering.**

NOTIFY US IMMEDIATELY IF:

Urine stops draining from your catheter into the drainage bag.
Your urine is dark red or has big clots.
You experience bladder spasms that are not relieved with pain medication.
Temperature over 101 F.