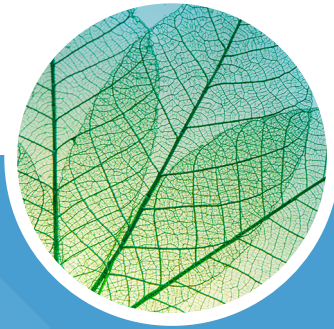


How to Use a Urinary (Foley) Catheter



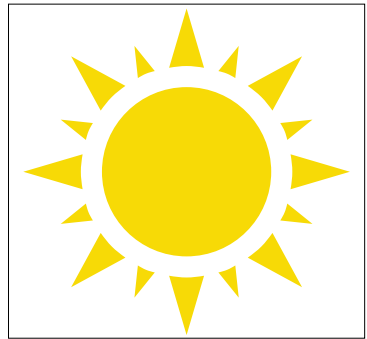
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General Information

- Always wash your hands before and after touching the catheter or an appliance.
- Wash the area around the catheter with soap and water 2 times a day.
- Keep the bag below bladder level.
- Do not reuse any appliance from the day before without cleaning it.

What to do in the Morning

During the day, use a leg bag that straps around your thigh. Because the leg bag is smaller, it lets you move around more easily. You must empty the leg bag when it is one-half to three-fourths full.

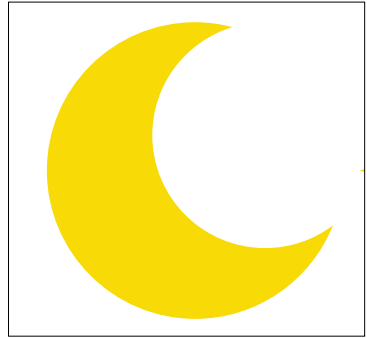


- Wash your hands with soap and water.
- Empty urine that collected in the straight drainage bag overnight.
- Remove the cap from the top of the leg bag.
- Check the clamp at the bottom of the leg bag to be sure it is closed.
- Pinch the catheter tube (the tube that goes into your bladder) to prevent urine from leaking while changing the bags.
- Remove the straight drainage bag from the catheter tubing.

- Connect the leg bag to the catheter tube and release tubing to allow urine to flow into the bag.
- Secure the leg straps around your thigh. The straps should be snug, but not tight enough to cut off your circulation.
- Wash the night appliance (straight drainage bag). To do that, follow these steps:
 - Rinse it with tap water until the water is clear.
 - Wash the bag with a 1 percent bleach and water (for instance, one 1 bleach to 5 parts water) solution.
 - For example, if you mix 1 cup of Clorox® (which contains 5 ½ percent bleach) with 5 cups of water, you will get a 1 percent bleach solution.
 - Rinse it with tap water.
 - Cover the ends of the tubing with gauze or facial tissues and secure with a rubber band. **Do not touch the ends of the connector with your fingers.** Throw away the gauze and tissues after each use.
 - Hang the bag to dry.
 - Wash your hands with soap and water.

What to do at Bedtime

At bedtime replace the leg bag with the straight drainage bag. Because it holds more urine, you do not need to empty the bag at night. You can empty the bag as needed.



- Wash your hands with soap and water.
- Empty the leg bag.
- Remove the covering from the straight drainage bag tubing.
- Check the clamp at the bottom of the bag to be sure it is closed.
- Pinch the rubber catheter to prevent urine from leaking while changing the bags.
- Remove the leg bag tubing from the catheter.
- Insert the connector from the bed bag to the catheter.
- Fasten the catheter tube holder around your thigh and secure the tube. Leave some slack in the catheter so it won't pull when you move your leg.
- When you get into bed, hang the bag at the side of your bed. Arrange the tubing to keep it from kinking or hanging down.

- Wash the leg bag. To do that, follow these steps:
 - Rinse it with tap water until the water is clear.
 - Wash the bag with a 1 percent bleach and water (for instance, 1 part bleach to 5 parts water) solution.
 - For example, if you mix 1 cup of Clorox (which contains 5 ½ percent bleach) with 5 cups of water, you will get a 1 percent bleach solution.
 - Rinse it with tap water.
 - Cover the ends of the tubing with gauze or facial tissues and secure with a rubber band. **Do not touch the ends of the connector with your fingers.** Throw away the gauze and facial tissues after each use.
 - Hang the bag to dry.
 - Wash your hands with soap and water.

What to Do About Sediment

Drainage bags need to be cleaned once in a while with 1 part vinegar to 4 parts water. This will help loosen hardened sediment. You can use this solution after you disinfect the bag with the weak bleach solution rinse.

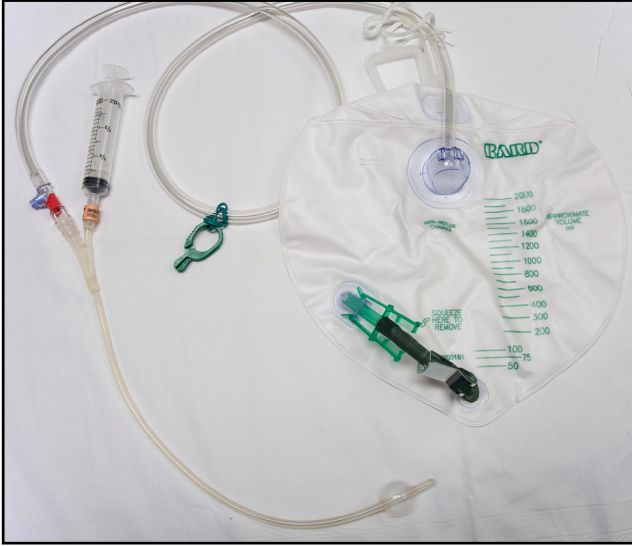
How to Remove the Urinary Catheter

- To deflate the balloon inside your bladder, attach a syringe to the colored port. Twist to the right, pull back on the plunger and fill the syringe with the water that is in the balloon. (See picture A on the next page.)

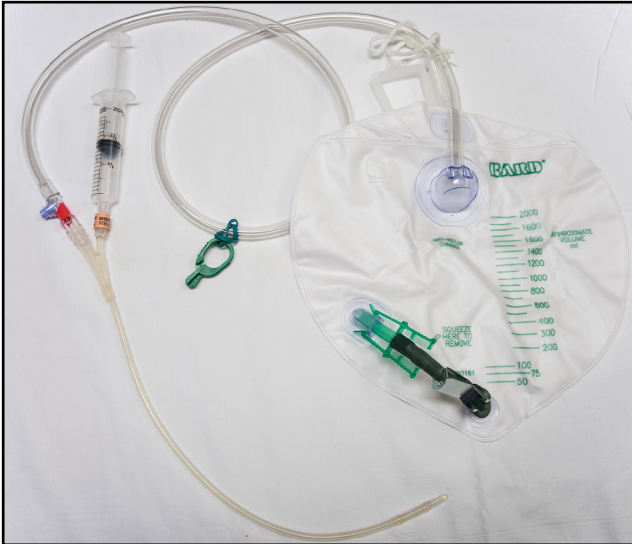
Throw out the water and keep refilling the syringe until no more water comes back into the syringe. This helps to make sure the balloon has deflated. (See picture B on the next page.)

Grasp the catheter near the top and slowly pull out the catheter and throw it away.

- If you can't empty the balloon with a syringe, you may cut the colored port off with a scissors. The water will drain out and then you may take out the catheter.



A



B

When To Call Your Health Care Provider

Call your health care provider if:

- the catheter accidentally comes out and you do not urinate
- no urine has drained from the catheter in 6 to 8 hours
- there is urine leaking around the catheter
- you have a temperature of more than 100 F by mouth
- your urine is bloody with clots
- your urine is cloudy, thick or has mucus
- your urine has a strong smell
- you have pain in your urethra, bladder, abdomen or back.



Your Notes, Concerns or Questions



Your Notes, Concerns or Questions





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