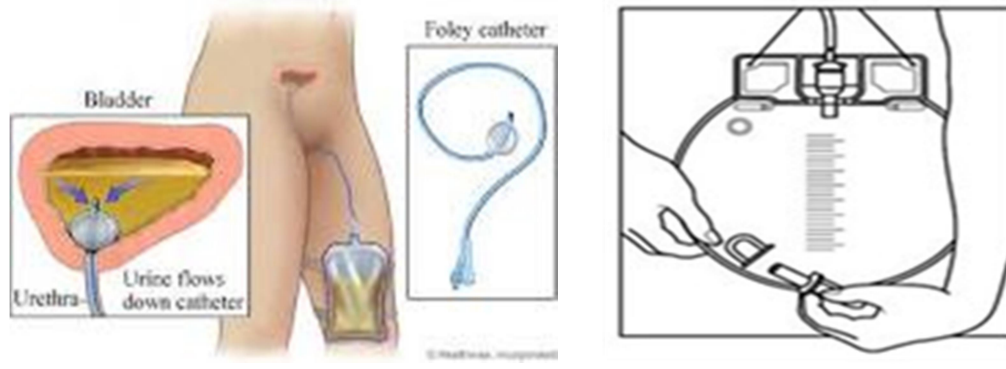


About my Foley catheter

What is a Foley catheter?

- A Foley catheter is a thin rubber tube that has been put into my bladder to drain urine. A small balloon at the tip keeps the catheter from coming out.
- I have a drainage bag for the day (leg drainage bag) and a drainage bag for the night (night drainage bag).



My notes and questions

How I may feel and what I should do

These symptoms are **normal**

- My urine may be bloody or cloudy.
- I may feel that I suddenly need to urinate right away.
- I may have feelings of sudden pain.
- I may have leaking around my catheter.

I can't control these symptoms. They are caused by bladder spasms. I should make sure my catheter is draining, and that my catheter is not blocked.

These symptoms are **not normal**

- I haven't had urine drainage for 2 hours.
- I have less urine output than normal.
- My temperature is over 38.5°C or I have chills.
- My catheter has fallen out (**DO NOT TRY TO PUT IT BACK IN**).

I need to **call my homecare nurse** or my **surgeon**.
I need to go to the nearest **emergency department** if I can't reach my homecare nurse or my surgeon.

How I should care for my Foley catheter

General tips

- I should try to drink 8-12 cups of fluid a day. This increases fluid output and decreases the risk of infection.
- I can shower using the night bag. I **can't** shower with the leg drainage bag because the straps will get wet.
- I can use pads or tampons when I'm on my period but I should change them often. I should clean my genital area after I've changed my pad or tampon.

How to do catheter care

1. Wash hands before and after catheter care.
2. Use soap and water to wash around my tube and genital area. I should wash from front to back. I should rinse and dry well. I should wash 2 times a day to reduce my risk of infection.
3. Check where the tube leaves my body for signs of infection. I should look for swelling, redness, or discharge (such as blood or pus).

How to change a drainage bag

1. Wash hands.
2. Empty drainage bag.
3. Do catheter care.
4. Clean connector of bag with alcohol.
5. Fold and hold the tube closed to help stop urine from leaking out.
6. Gently disconnect the tube from the drainage bag. Do not pull the tube.
7. Put protective cap on the end of the used drainage bag.
8. Connect the new bag to the tube.
9. Keep the protective cap in a container to be used next time.

How to clean a drainage bag

1. Rinse drainage bag with warm water.
2. Fill empty leg bag with $\frac{1}{4}$ cup of vinegar and $\frac{3}{4}$ cup of water. Fill night bag with $\frac{1}{2}$ cup of vinegar and $1 \frac{1}{2}$ cups of water.
3. Place protective cap over top of tubing.
4. Gently swish solution around in bag.
5. Leave solution in bag for 20-30 minutes.
6. Empty bag and rinse with warm water.
7. Hang bag to air dry.

My notes and questions



March 2019



About my day leg drainage bag (leg bag)

Wearing my leg bag

- I should only wear my leg bag during the day. **I shouldn't** wear it at night.
- I should wear my leg bag under my clothes.
- I should wear cotton underwear.
- I should keep my leg bag below my bladder so urine doesn't go back into my bladder.
- I should empty my leg bag when it is half full.
- I should check for kinks often.

Tips for putting on my leg bag

- I should put the thigh straps through the holes at top and bottom of my leg bag.
- I should put my leg bag on my inner thigh. The markings should be at the top and facing out, and the drainage valve should be at the bottom. This will prevent pulling on my catheter.

How to empty my leg bag

1. Wash my hands.
2. Hold the drainage valve over toilet. **I shouldn't** let the valve touch the toilet.
3. Turn the blue valve counter-clockwise and drain the urine into the toilet.
4. When bag is empty, I should turn the blue valve clockwise to close.
5. Attached bag to inner thigh (if needed).

About my night drainage bag (night bag)

Wearing my night bag

- I should only wear my night bag at night. **I shouldn't** wear it during the day.
- I should keep my night bag below my bladder so urine doesn't go back into my bladder.
- I should check for kinks before I go to sleep.

Tips for putting on my night bag

- I can tape the tube to the top of my inner thigh on the side where the bag will hang at night. This will help stop uncomfortable rubbing.
- I should leave enough extra tubing so my catheter will not pull when I move during the night.
- I should set up my night bag using one of these options: 1. Attached to my bed frame using hooks. 2. Placed on a stool or the floor with a towel underneath. 3. Pinned to linen at the side of my bed.

How to empty my night bag

1. Wash my hands.
2. Remove drain spout from sleeve by pinching the green ends with fingers together. Do not touch the tip of the drain spout.
3. Open the clamp and drain the urine into the toilet. **I shouldn't** let the valve touch the toilet.
4. When bag is empty, I should clean the spout with a tissue.
5. Close clamp.
6. Put bag back into sleeve.



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