

Home Care for Your Foley Catheter

This handout is for informational purposes only. Talk with your doctor or health care team if you have any questions about your care.

A Foley Catheter is a flexible tube that is put through the urinary opening (urethra) and into your bladder to drain urine. The catheter is held in place in your bladder by a small balloon filled with water.

Supplies

- Soap and water
- Washcloth and towel
- Leg Strap

Cleaning Around the Catheter

Wash around the catheter each day.

1. Gather your supplies.
2. Wash your hands with soap and water.
3. Look carefully at the place where the catheter leaves your body. It may help to use a mirror. You may need to pull back the foreskin to see the urethra. Check for any **swelling, redness, or drainage, like blood or pus.**
4. Gently wash with soap and water the area around the catheter. Gently pull the foreskin up and wash all skin surfaces. Be sure to wash the catheter as well as your penis and scrotum. Be careful not to pull on the tube. Rinse thoroughly and dry.
5. Attach the drainage bag to your leg as you are instructed.
6. Wash your hands with soap and water. Empty the bag and measure the urine. Empty your drainage bag when it is **just over half full.**

Emptying the Bag

1. Use a container that has measure markings so you know how much urine you are passing.
2. Remove the drain tube from the holder on the bottom of the bag.
3. Hold the drain over the container and open the clamp so the urine drains into the container.
4. When the bag is empty, **close the clamp** on the drain. Use a clean paper towel or tissue to dry the end of the drain and place it back into the holder.
5. Note the amount of urine in the container as well as the color and smell of the urine.
6. Pour the urine into the toilet. Rinse the container with water and throw the water into the toilet. Set the container on a clean paper towel until it is needed again.
7. Wash your hands well with soap and water or use an alcohol based hand sanitizer.
8. Write down the amount of urine with the date and time. Mark the color and smell of the urine.

Here is an example of what to write down:

Date	Time	Amount Drained (ounces or cc's)	Color/Smell

When to call your doctor:

- Urine is cloudy or has a foul odor
- Temperature of 100.4 degrees F or 38 degrees C or higher
- Unusual itching, rash or burning near or where the catheter leaves the body
- Feeling of bladder fullness or concern that the catheter is plugged
- Blood in your urine
- No drainage of urine
- Urine leaking around the tube
- Catheter falls out
- **If you had surgery** and you have **more** urine leaking or bloody drainage than you were told to expect

If you need to call the doctor:

- Take your temperature and write it down.
- Carefully describe the problem as detailed as you can. For example if the problem is pain, state where the pain is, what it feels like (sharp, dull, burning) and when it occurs. Write the information down to help you remember.
- Have this information ready when you call the doctor.