

## FOLEY/URINARY CATHETER CARE

An indwelling urinary catheter is a flexible plastic tube that is inserted through the opening that carries urine from the bladder to outside of the body (urethra), to drain urine. The tube is kept in place by a small balloon that is inflated once the tube is securely in the bladder. Urine drains into a bag that is attached to the thigh.

### To care for your urinary catheter at home:

- Make sure that urine is flowing out of the catheter into the drainage bag
- Check the area around the insertion site for inflammation or signs of infection, such as irritated, swollen, red, tender skin and/or leaking urine around the catheter.
- Keep the urinary drainage bag below the level of the bladder.
- Make sure that the urinary drainage bag does not drag and pull on the catheter.

### Caring for your catheter

If your doctor or nurse has given you specific instructions on caring for your urinary catheter, be sure to follow them. Always wash your hands before and after caring for your catheter.

- Clean the area around the drainage tube twice each day.
- Use soap and water to carefully wash around the drainage tube.
- Rinse well and dry with a clean towel.
- Do not tug or pull on the drainage tube

### Draining the urine collection bag

The bag that collects urine may be strapped to your thigh and you may be provided with a larger bedside bag for night time. You will need to empty the bag at regular intervals, whenever it is half-full, and at bedtime. Be sure to wash your hands before and after emptying urine from your collection bag.

- Wash your hands with soap and water. If you are emptying another person's collection bag you may wish to wear disposable gloves. Wash your hands before you put on the gloves and after you remove them.
- Unfasten the bottom valve and drain the urine into the toilet. You may also drain the urine into another container and then empty it into the toilet. Avoid touching the tubing or drainage cap on the toilet, the collection container, or the floor.
- Turn valve clockwise to make sure it is closed.
- Wash your hands with soap and water.