



# Home Care For Catheters

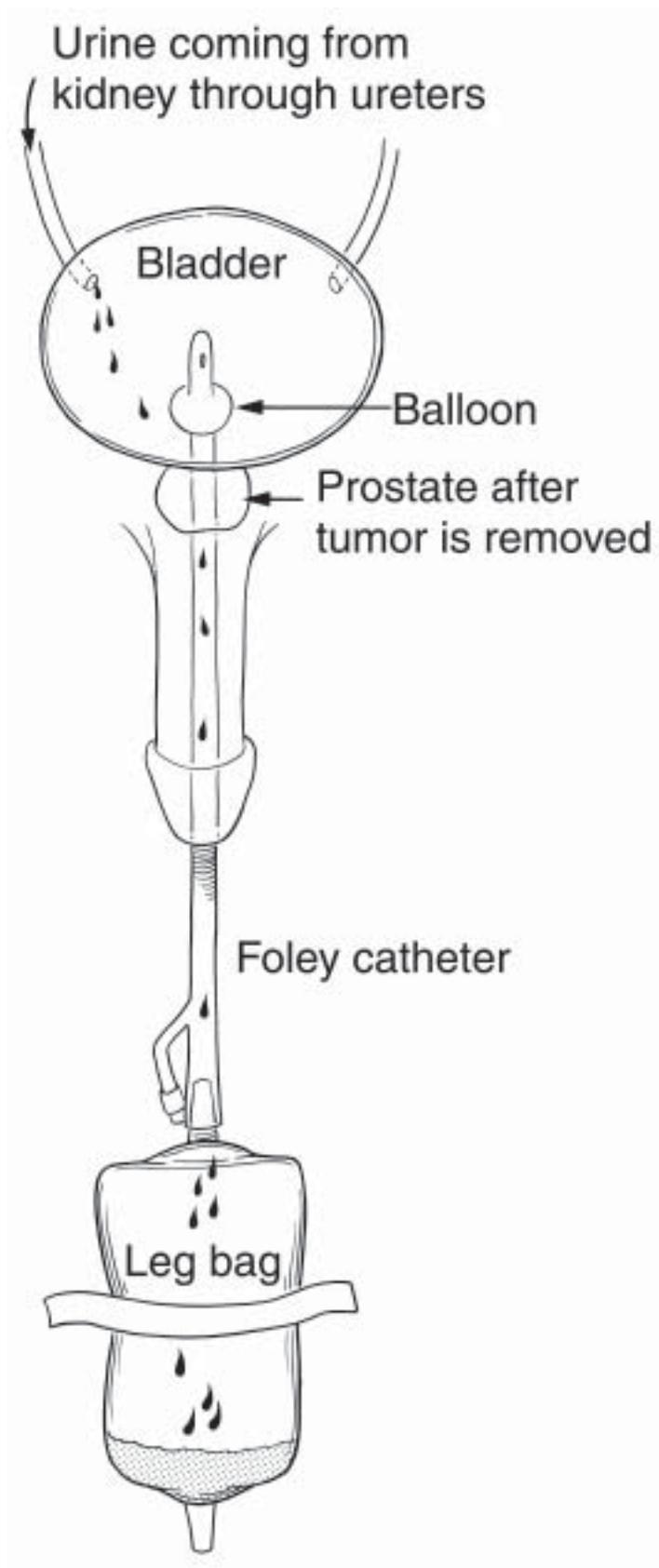
**Phan Dang, RN**  
**Ellen Woodard, RN**



You will be going home shortly, but your **Foley Catheter** will remain in place for the next few days or weeks. Your catheter draws urine from your bladder continuously so you will not need to use the toilet, bedpan or urinal.

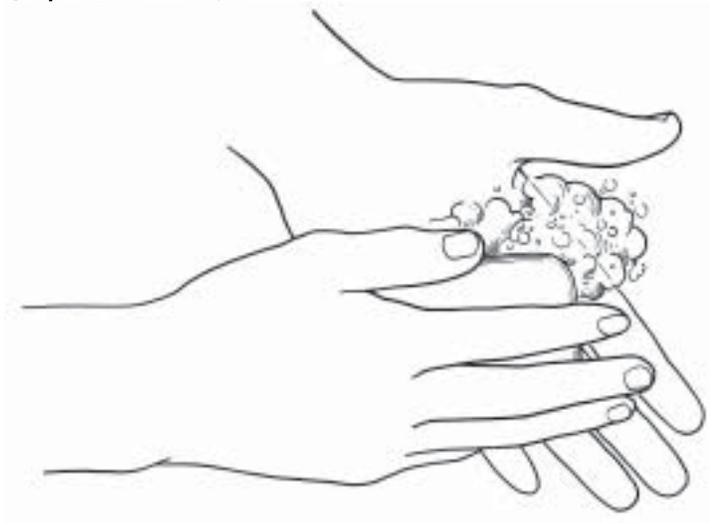
Your catheter is held inside your bladder by a balloon filled with water. When it is time for your catheter to be removed, your doctor will release the water from the balloon allowing the catheter to slide out easily.

Before your discharge from the hospital your nurse will review the following instructions about caring for your Foley Catheter and drainage bag. If you follow instructions carefully you will avoid problems such as infection, odor, etc.

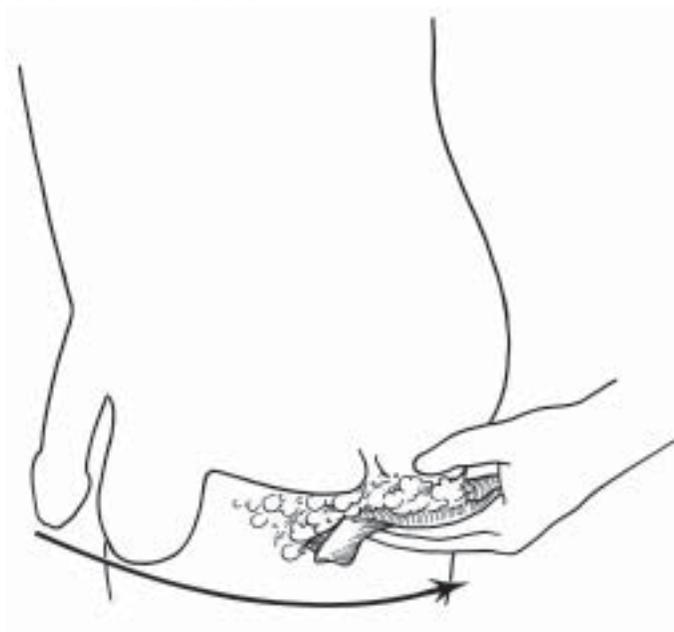


## Step by Step Catheter Cleaning

1. Wash hands with soap and water.



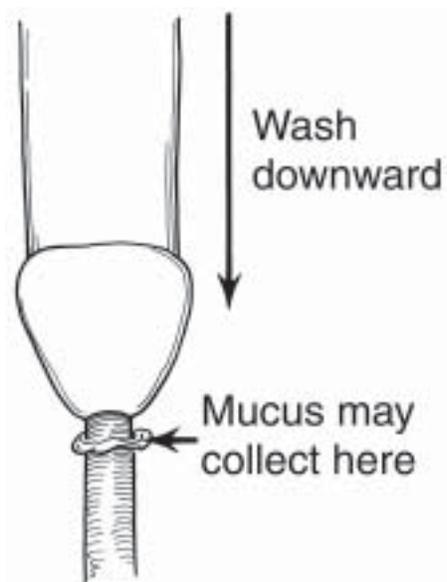
2. Wash penis, scrotal area and buttocks in that order.



3. Pull up foreskin if uncircumcised. After washing pull foreskin back down.

4. Use soap and water around your catheter and tip of your penis.

5. Do this twice a day before switching from Down-Drain to Leg-Bag from Leg-Bag to Down-Drain.



6. This can be done in the shower. It will keep the area from becoming infected.

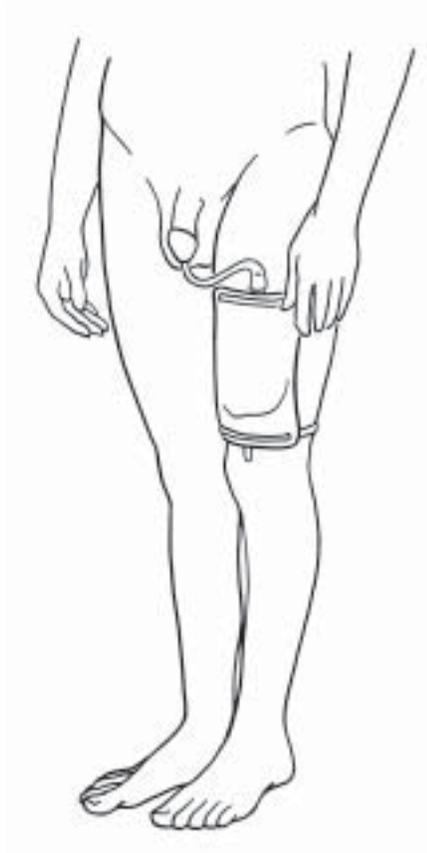


7. Use no powders or lotions around the catheter area.

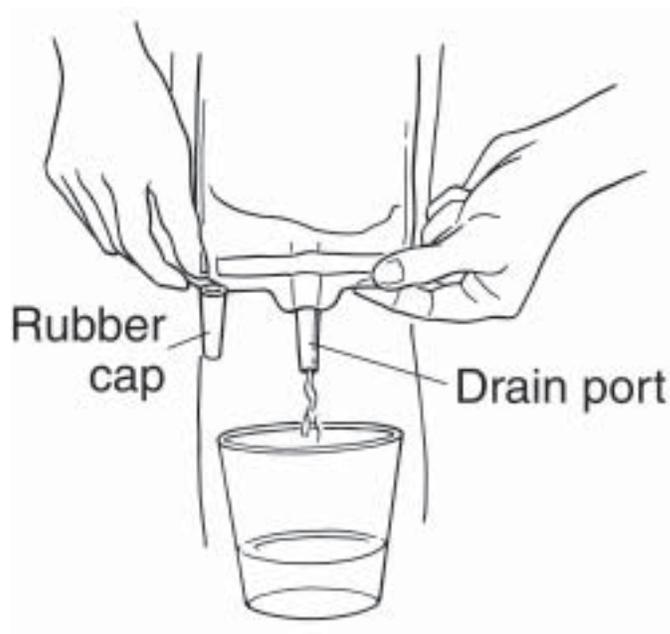


## Leg Bag

This small plastic bag collects urine draining from your catheter. It is attached to your catheter and strapped around your thigh.



1. The leg bag allows you to move around more easily because you don't have to carry it.
2. Empty it every 3 or 4 hours or when it is two third's full.
3. Wash your hands before you empty the bag.
4. Release the stopper to drain out all urine.
5. When urine is drained completely, swab the drain port with alcohol sponge.
6. Replace the stopper.
7. Wash your hands after completed.



## Night Drainage Bag

This is a hospital-type drainage bag. It is larger than the leg bag and holds more urine. Therefore, you don't have to worry about getting up in the middle of the night to empty it.

1. Before you go to bed, replace the leg bag with the hospital-type drainage bag.
2. First, empty your bag.
3. Pinch off the catheter with your fingers and swab the connection between the catheter and the leg bag with an alcohol sponge.
4. Disconnect the leg bag and connect the night drainage bag to your foley.
5. Secure the drainage tubing to your thigh.
6. Shave your skin in that area if needed.
7. When you get into bed, arrange the drainage tubing so that it doesn't kink or loop.
8. Hang the drainage bag on the side of your bed.
9. Be sure to keep the drainage bag below your bladder level at all times.



## Cleaning Your Drainage Bags

1. Wash hands.
2. Using a funnel or catheter-tip syringe, fill the bag half-way with a one cup vinegar and one cup water mixture and shake bag.
3. Empty bag of vinegar / water mixture.
4. Soak the urine bag and tubing in basin filled with soap solution for 30 minutes (Ivory soap is recommended).
5. Rinse bag and hang to dry.
6. Cleanse drainage bags everyday.

## Important Things to Remember

1. Avoid constipation.
2. Drink 8 cups of fluid daily.
3. Do not lie down with your leg bag in place. Your leg bag is meant for the convenience of traveling or for when you must be dressed in street clothes. When you want to lie down, switch to your large drainage bag.
4. You may take a shower. When washing, if uncircumcised, pull up the foreskin, wash, and pull foreskin back down.

