

Home Care for Your Foley Catheter (Male)

Purpose

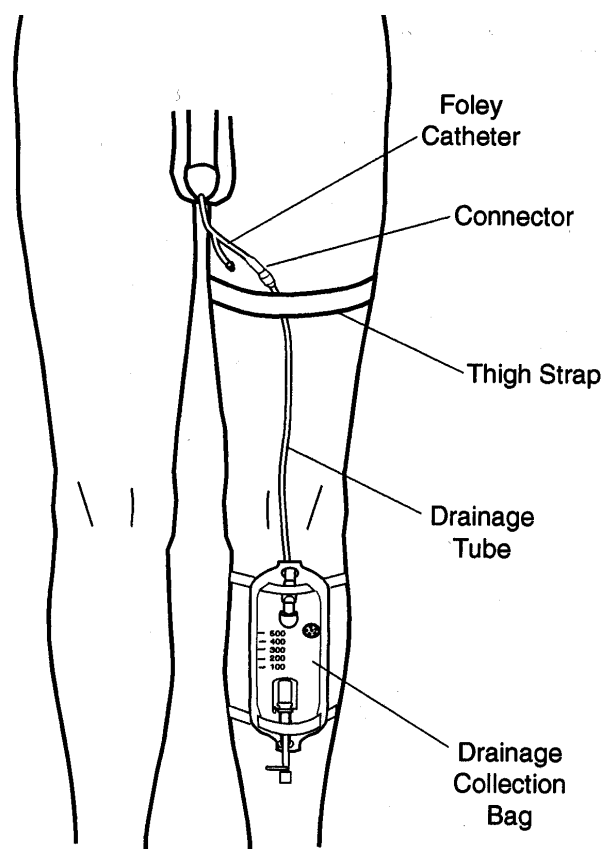
A Foley Catheter is a flexible tube that is put through the urinary opening (urethra) and into your bladder to drain urine. The catheter is held in place by a small balloon filled with water in your bladder.

Supplies

- Soap and water
- Wash cloth, towel
- Leg Strap

Care of the Foley Catheter

- Gather your supplies.
- Wash your hands with soap and water.
- 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.**



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Learn more about your health care.

- 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.
- Wash around the catheter 2 times every day, in the morning and in the evening.
- Attach the Foley Catheter Drainage Bag to your leg as you are instructed.
- Wash your hands with soap and water.

Care of the Drainage Bag

Your Foley needs to be connected to a drainage bag. You may use a larger drainage bag that attaches to your bed or wheelchair. Some people like to use a smaller leg bag when they are up walking or up in a chair. With either type of drainage bag, there are some things you will need to do:

- Be sure that the tubing to the drainage bag is below the level of your bladder. This is done so the urine doesn't drain back to put you at risk of infection.
- Keep the tubing free of kinks so the urine can flow easily. This also keeps the urine from backing up into your bladder.
- Empty your drainage bag when it is just over half full. Remember, the smaller leg bag will need to be emptied more often than your larger bag. You should also empty the drainage bag when you go from one type of drainage bag to another. (Read the handout **Leg Bag** for instructions on changing from the larger to the smaller drainage bag.)
- Use a container that has measure markings so you know how much urine you are passing. Mark the amount with the date and time on a paper or in a notebook so you can track the urine flow for your doctor.

Here is an example of what to write down:

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

- Note the color and smell of your urine. Healthy urine should be clear and have a yellow color with a mild smell. Talk to your doctor or nurse about what you can expect if you have had bleeding or an infection in your urine.
- Be sure to close the clamp on the drainage bag after you drain the urine.
- Change to a new drainage bag every month, or if there is a leak in the tubing.
- Clean your drainage bags every few days with a mixture of vinegar and water. Mix 1½ cups of vinegar in 2 quarts of water. Pour the vinegar water mix in through the drain and swish it around in the bag. Lay the bag in the bottom of a bathtub or sink for about 30 minutes to soak. Be sure the tubing is full of the mixture too. Drain the mixture back out and rinse with clean water. Dry the outside of the bag and tubing. Do not use a bleach solution on the bag or tubing because it can damage the bag and tubing.

When to call your doctor or nurse:

- Urine is cloudy and / or has a foul odor
- Temperature of 101 degrees or higher
- Unusual itching, rash or burning near or where the Foley leaves the body.

- Feeling of bladder fullness and / or concern that the Foley 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 because of a problem:

- 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.
- Gather all of this information and bring it and a paper and pencil with you to the phone.
- You are now ready to call your doctor or nurse.

✦ **Talk to your doctor or others on your health care team if you have questions. You may request more written information from the Library for Health Information at (614) 293-3707 or email: health-info@osu.edu.**