

FOLEY CATHETER CARE INFORMATION SHEET

Keep your catheter clean by washing with mild soap and water. You may shower while wearing a catheter. **DO NOT** sit in a tub bath. **ALWAYS WASH YOUR HANDS BEFORE AND AFTER YOUR CATHETER CARE.**

DAY LEG BAG

To empty bag:

- Undo bottom strap.
- Hold bottom end of bag up.
- Open by removing cap or turning.
- Hold bottom end of bag down. Drain into toilet.
- Replace rubber cap or screw tight. Strap to leg.

To clean bag (bedtime):

- Wash bag and straps in liquid soap and WARM water.
- Rinse with clear water.
- If odor develops, use 1/4 cup white vinegar in rinse water.
- Hang bag over coat hanger overnight. Keep rubber cap in a safe place.

MORNING:

Wipe connecting end and catheter end with alcohol sponge before reconnecting. Strap to leg. Make sure rubber cap is securely in place.

LEG BAG:

If your catheter will only be in for several days, you may choose to wear your leg bag day and night. An anti-reflux valve will keep the urine from going back into your bladder.

Since the bag capacity is small, you may have to empty it several times during the night.

If you notice any of the following symptoms, call your doctor at 925-468-0404.

- Cloudy urine
- Foul smelling urine
- Bloody or clotted urine
- Catheter not draining
- Chills or fever
- Leaking around catheter

NIGHT DRAINAGE BAG

When you are ready to change to night drainage:

- Empty your leg bag.
- Undo both straps.
- Disconnect catheter from leg bag.
- Remove clear plastic cap from end of the night drainage bag.
- Wipe end of catheter and end of drainage tubing with an alcohol sponge.
- Connect catheter to long tubing
- Follow cleaning instructions for leg bag.

GENERAL INSTRUCTIONS:

- Always hang or carry your bag below hip level.
- DO NOT allow tubing to kink.
- Use plastic clip or handle to secure bag to bed or sheet.
- If you are not up and about, you may wish to use large drainage bag at all times.

To empty drainage bag:

- Remove outlet tube from housing by gently squeezing connector arms and pulling out.
- Release clamp and empty bag.
- Re-clamp outlet tubing and slide into housing until connector arms engage.