

FOLEY CATHETER DISCHARGE INSTRUCTIONS

DESCRIPTION OF PROCEDURE

A Foley catheter is a sterile (germ-free) tube that is inserted through the urethra and into your bladder to drain the urine/. The catheter has a small balloon that is filled with solution to hold the catheter inside your bladder. A Foley catheter is also called an indwelling urinary catheter. It is used when you are not able to pass urine.

POST PROCEDURAL CARE

Foley Catheter Care:

- **Secure the catheter tube:** Secure the tube so you do not pull or move the catheter. This helps to prevent bladder spasms, (painful cramps). Use medical tape or a strap to secure the tube to your body.
- **Use good hand hygiene:** Keeps your hands clean and as free of germs as possible. Always wash your hands **before and after** you touch the catheter or insertion site. Wear clean medical gloves when you care for your catheter.
- **Do catheter care every day:** Clean your catheter and the area around it as directed. Use soap and water when you shower. Ask your doctor if you can take a bath while you have the catheter.

Drainage Bag Care:

- **Keep the drainage system closed:** A catheter should be connected to a closed drainage system. This means that there are no openings in the path from the tip of the catheter in your bladder to the drainage bag. It is important to keep the drainage system closed. Your urinary system normally is sterile and a closed drainage system prevents germs from getting into it. Do not disconnect any part of the catheter along the closed system unless it is necessary.
- **Allow gravity drainage:** Do not loop or kink the tubing so that urine can flow out.
- **Position the drainage bag properly:** Keep the drainage bag below the level of your waist. Do not lay the drainage bag on the floor or let it touch the floor.
- **Empty the drainage bag when needed:** The weight of the full drainage bag can pull on and hurt your urethra. Empty the drainage bag every three to six hours or when it is $\frac{1}{2}$ to $\frac{2}{3}$ full. Always close the drainage spigot after emptying urine out of the drainage bag.
- **Clean and change the drainage bag as directed:** Ask your doctor how often you should change the drainage bag.

Prevent Foley catheter-based infections: A catheter-based infection can be caused by bacteria (germs) that get into the body along or through the Foley catheter. Catheter-based infections can lead to serious illness or death. Do the following to prevent catheter-based infections:

- **Drinking liquids:** Adults should drink nine to thirteen cups of liquid each day. One cup is eight ounces. Good choices of liquids for most people: water, juice, milk. Coffee, soup and fruit maybe counted in your daily liquid amount. Ask your doctor how much liquid you should drink each day.

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- **Good hand washing is the best way to prevent infection:** Wash your hands with soap and water before and after you touch the catheter, tubing, or drainage bag. This done to remove the germs on your hands. Wear clean medical gloves when you care for your catheter or disconnect the drainage bag. This will help stop germs from getting into your catheter. Remind anyone who cares for your catheter or drainage system to wash their hands.
- **Removal/Replacement of Catheter:** ask your doctor when your catheter will be removed or replaced with a new one. Your risk of infection is greater the longer you have a catheter.
- **Drainage System:** Keep the drainage system closed.
- **Catheter Tubing:** Keep the catheter tubing secured to your shin or leg to ensure it drains well.

Take your medicine as directed: Call your doctor if you think your medicine is not helping or if you have side effects. Tell your doctor if you are allergic to any medicine. Keep a list of medicines, vitamins and herbs you take. Include the amounts, when and why you take them. Bring the list or pill bottles to follow-up visits. Carry your medicine list with you in case of an emergency.

Ask for information about where and when to go for follow-up visits: For continuing care, treatments, or home services, ask your doctor for more information.

Contact your doctor if:

- Your catheter comes out
- There is less urine than usual or no urine drains into the drainage bag.
- Urine leaks from or around the catheter, tubing, or drainage bag.
- The closed drainage system accidentally comes open or apart.

***If you have any questions or concerns regarding your surgery (even after business hours or over the weekend), PLEASE CALL THE 24 HOUR ON CALL NURSE at 224-612-7000.**

Please go to your nearest Hospital Emergency Department if you experience chest pain, difficulty breathing, or other emergency signs or symptoms.