

FOLEY CATHETER TUBE REMOVAL

- Empty drainage bag into toilet.
- Cut part of catheter with colored plastic part, and allow fluid to drain completely while standing over toilet bowl.
- Pull catheter out after fluid has drained. Burning and urgency may occur following catheter removal. **THIS IS NORM**

FEMALE URINARY CATHETER CARE

- You have been sent home with a urinary catheter. These tubes are used to drain the urinary bladder of urine.
- The catheter is a hollow tube with a hole on each end. A side arm can be seen on the catheter, and this allows a small balloon to be filled in the bladder, so that the catheter does not fall out.
- The catheter needs to be connected to a drainage bag to allow continuous drainage. It is important not to block the flow of urine, unless you are specifically asked to do so.

Care: The major cause of irritation is at the end of the urethra - at the opening above the entrance to the vagina. You should wash this area daily with a mild soap and water. In most cases, you will have less irritation of the urethra if the catheter is secured to the leg with a gentle curve. Tape is the best and least expensive way of securing the catheter. Movement or tugging on the catheter will then pull on the tape, not on the urethra and bladder.

Drainage Bags: The plastic bags to which the catheter is connected. The bags vary in design, but all have a connection adaptor for the catheter and a drainage port or spigot, at the bottom to empty the bag. Some bags have long tubes so that they can be attached to the bed or carried. Other bags have no tubing and must be attached to the leg with straps. Keep the bag below the level of the bladder to allow urine to flow away from you.

- **Emptying the bags:** Hold any bag over the toilet or suitable container, and open the spigot at the bottom of the bag. Let urine flow until empty and then close the spigot.
- **Cleaning the bags:** Rinse bags with warm water and soap every day or two, depending on how dirty and how much odor is present. One teaspoon of vinegar may be used in the rinse water to reduce the odor.

Problems: The more urine flows, the less the chance for a blockage. You should be drinking 4-8 ounces of water every hour while awake.

Bleeding: Bleeding can be seen on occasion with any catheter. Small amounts of blood or clots are usually of little concern. Bleeding sufficiently enough to make it impossible to see through the urine, should be brought to your physician's attention.

Blockage: Urine should drain constantly into the bag. If you see no flow for more than an hour and feel the need to urinate, there may be a blockage of the tube. Particles or blood clots are the most common causes and will need to be dealt with in your physician's office, or the emergency room. The catheter will either be flushed until it is clear, or changed.

Fever: If you develop a fever of greater than 101 degrees, notify your physician.

MALE URINARY CATHETER CARE

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- The catheter needs to be connected to a drainage bag to allow continuous drainage. It is important not to block the flow of urine, unless you are specifically asked to do so.

Care: The major cause of irritation is at the end of the penis. You should wash this area daily with a mild soap and water. In most cases, you will have less irritation of the urethra if the catheter is secured to the leg with a gentle curve. Tape is the best and least expensive way of securing the catheter. Movement or tugging on the catheter will then pull on the tape, not on the urethra and bladder.

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