

Taking Care Of Your Foley Catheter



IH-II-4
R.D. 7/03
Pg. 1 of 2

How should I take care of my Foley?

1. **Wash your hands** well with soap and water before and after touching your foley catheter or the urine bag.
2. **Wash** the tube and the skin around the tube with soap and water.
3. Drink 8 big glasses (8 ounce glasses) of water a day as well as the other fluids that you usually drink.
4. Keep the urine bag **below** your stomach at all times so the urine can empty into the bag.
5. Empty your bag every 8 hours. Empty it more often if it is more than half full.
6. You may shower, but do not take a tub bath.
7. Change to a new urine bag every week. You do not need to rinse your bag between changes.
8. If you want to rinse out your bag between changes, only use water.



Keep all your clinic appointments

What should I know about using a leg bag?

If your doctor allows, you may wear a leg bag during the day.

- Your nurse will show you how to fit your bag. The tube on the leg bag can be made shorter if needed to help fit the leg bag better. Never try to shorten the Foley catheter itself.
- Change to your bedside urine bag at night.

(over)

- Every day, rinse out the inside of your leg bag and your bedside bag. Rinse with water only.
- Change to a new leg bag and a new bedside bag every week.

Here's how to change from one bag to the other:

- Get the bag you are going to change to.
- Wash your hands well with soap and water.
- Pinch off your Foley catheter to keep urine (pee) from leaking. At the same time, twist and pull apart the 2 tubes where they join.
- Twist and push the new bag's tube onto your Foley tube.



**Come to the Emergency Room
if you have any of these danger signs:**

- Fever over 100.4° F (38° C) or chills.
- Cloudy or bad smelling urine.
- No urine in the bag for 6 hours.
- Blood in your urine (pee) or any bleeding around the tube.
- Pain in your back.

Remember:

- **Do not pull** out the tube.
- **Do not have sex** while the tube is in.
- **Be sure to come to your clinic appointment.**