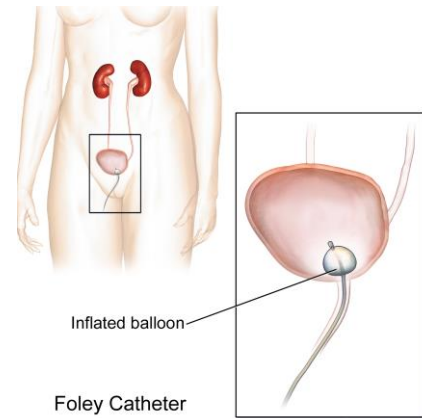
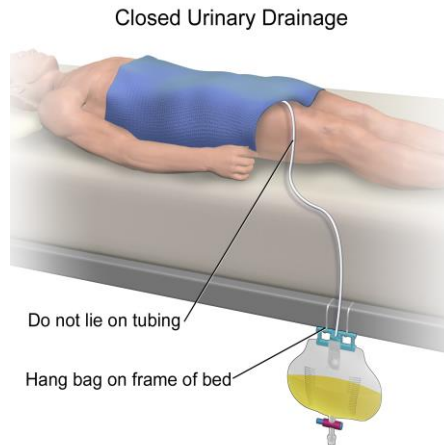


Urinary Catheter Care

A urinary (Foley) catheter is a tube that starts in your bladder and allows urine to drain out of your body. The tip of the tube is held in place in the bladder by a small balloon. The outside end of the tube is connected to a drainage bag.



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There are 2 types of drainage bags: a leg bag that is attached to your leg which allows you to move around during the day and a larger drainage bag that can be attached beside your bed while you are sleeping during the night.



When to Get Help

Go to the nearest Emergency Department or Urgent Care if:

- You develop a fever 38.3°C (101°F), feel like you have the flu or are increasingly tired.
- There is very little or no urine flowing into the drainage bag for 6 hours AND you feel like your bladder is full.

Go to a walk-in clinic, your health care provider, or call 811 (711) if:

- Your urine looks cloudy, smells bad or you develop a burning sensation in your lower belly or pelvic area (possible urinary infection).

Recommended Follow-Up

- Follow up in __ days.

Name of Provider

Reason

Date/Time

Location

Contact Info

- _____
- _____

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[EmergencyCareBC.ca](https://www.EmergencyCareBC.ca)

- Your urine looks bloody or has blood clots.
- The area around where the catheter enters your body is red, swollen, tender or has pus draining.
- Urine is leaking around the catheter where it enters your body.

To Learn More:

- Ask your health care provider.
- HealthLinkBC - call 8-1-1 (7-1-1 for deaf or hard of hearing) or go online to www.HealthLinkBC.ca.



How to Care for Yourself at Home

TAKING CARE OF YOUR CATHETER

Always wash your hands with soap and water before and after handling the catheter, tubing, or bags. Washing prevents the spread of infection.

Always wipe from front to back after having a bowel movement (going poo).

At least once a day, wash the area between your legs and around the catheter with soap and water. Always wash from front to back.

DO NOT pull or tug on the catheter. Make sure the catheter is not stretched, that the drainage bag is not dragging or pulling on the catheter. This can damage the tissue.

Always secure the catheter tube to your thigh with tape to prevent pulling. You can use products called Cath Secure or any adhesive tape to thigh. Make sure the catheter is secured so it does not pull when you are walking.

Always use the straps to secure the **leg bag** to your leg to prevent chaffing and pulling. Pulling while walking can damage the insertions site and may cause injury.

When going to bed, tape the tubing to the leg closest to the side of the bed. Hang the large drainage bag from a belt or the belt of your housecoat until you are ready to go to bed.

Urinary Catheter Care Discharge Instructions - continued

Check for kinks in the collecting tubing. Kinks in the tubing prevent the flow of urine out of your bladder.

Keep the drainage bag below the level of your bladder so the urine drains properly. While in bed use large drainage bag; while walking around, use the leg drainage bag.

Keep the drainage bag off the floor. To prevent contact with the floor and in case your night bag leaks, place the night bag in a clean plastic pail, or on a clean towel.

Drink 8 to 10 cups (2 to 2.5 liters) of fluid each day (unless your doctor tells you differently). Water is best.

TO EMPTY THE DRAINAGE BAG

Empty the leg bag every three to four hours, or when it gets half full. It is important to note if there is any sediment in the urine and to note the color and any foul smell, to tell your provider. See “Additional Information.”

- Open the stopper.
- Drain out all the urine into the toilet.
- Do not touch the end of the drain opening.
- If you accidentally touch the opening, clean it with an alcohol swab or wipe.
- Close the stopper.

CLEANING THE DRAINAGE BAGS

- Empty the bag.
- Clean the bag after disconnecting it. A great place to clean the bag is in the bathtub.
- Flush the tubing and bag with soapy water.
- Rinse the bag with water and drain.
Using a small funnel, pour ¼ cup (50 mL) of white vinegar and 1 cup (250 mL) of water through the tubing into the bag.
- Shake the bag gently.
- Drain the bag completely.
- Lay the bag on a clean towel to air dry.
- Wipe the connection with an alcohol swab or wipe.
- Cover the end with a clean protective cap.

Notes:

Urinary Catheter Care Discharge Instructions - continued

You can get alcohol swabs or wipes at a pharmacy. You can also get replacement bags at medical supply stores and some pharmacies.

Medication

- For minor pain, use over-the-counter medications such as acetaminophen and ibuprofen (more information below).
- Avoid using aspirin as it may increase the risk of bleeding.



IBUPROFEN (E.G., ADVIL®, MOTRIN®)

- 200-400 mg every 6-8 hours as needed while awake, taken with small snack (max: 1200mg/day).
- Avoid taking this medication for longer than 5-7 days. See your primary care provider if you need to use this for longer.
- Avoid this medication if you are >65 years old, pregnant, or have the following conditions: severe liver or kidney disease, peptic ulcer disease, or heart failure. Speak to your primary care provider before taking this if you have a history of stroke, GERD, inflammatory bowel disease, liver cirrhosis, or ischemic vascular disease.

ACETAMINOPHEN (E.G., TYLENOL®)

- 500-1000 mg every 4-6 hours as needed while awake, with water (max: 4000mg/day).

If you have liver disease or drink over 3 alcoholic beverages per day:

- Maximum dose: 3000mg per day.
- Do not use this medicine for longer than 5-7 days. Speak to your primary care provider if you need to use this for longer.

Be careful not to exceed the maximum dose when taking this medication with other medication that contain acetaminophen (e.g., Dayquil/Nyquil®).

Find this information sheet on the ECBC website:

https://emergencycarebc.ca/clinical_resource/patient-information-sheet/urinary-catheter-care/

Notes:

Additional Information

- For more information on emptying your drainage bag, see: <https://www.wikihow.com/Empty-a-Catheter-Bag>
- Urine drainage Bag and Leg Bag Care: <https://my.clevelandclinic.org/health/articles/14832-urine-drainage-bag-and-leg-bag-care>

Tell Us What You Think!

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