

# Foley Catheter Use & Care

## What is a Foley Catheter?

A foley catheter is a sterile, tube-like device that is placed into your bladder to help drain urine. The tip of the catheter has a small balloon filled with a solution that helps secure it within your bladder.

## Care for your Foley Catheter

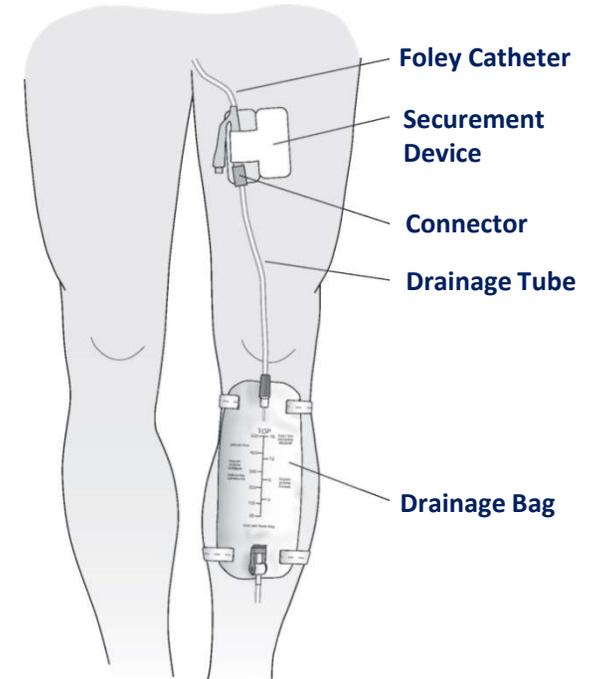
- Clean your genitalia, specifically where the catheter inserts, twice daily.
- Ensure the catheter is secure to avoid tugging or pulling it out of place. If you were provided a securement device, make sure it's connected correctly.
- Your catheter should always be a "closed system." It should always be connected to a drainage bag to prevent the introduction of bacteria (See Figure "A").

## Care of your Drainage Bags

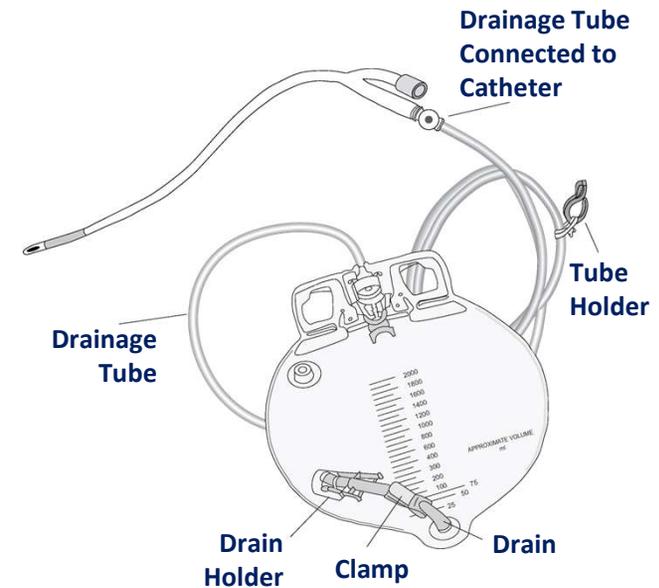
- Empty the urine from your bag into the toilet every few hours. It is best practice to empty it when it is full. Do not let the bag get overly full, as the weight can create pressure, which can be painful and can cause the bag to burst.
- Keep the drainage bag below your waist. This ensures the urine is draining into the bag and prevents backflow into the catheter. Make sure the catheter bag does not rest on the floor.
- If changing between a leg bag and overnight bag (Figure "B"), gently disconnect the bag from the catheter. Wash your hands frequently when working with the bags.
- Clean the drainage bags as directed or as per manufacturer instructions

**Important:** This information is meant to help you care for your foley catheter at home. These are general instructions and may not all apply to your condition.

Please call the office immediately if: your catheter falls out, you have been hydrating but no urine flows into the bag, or you have persistent bleeding or fever/ signs of infection.



**Figure A**



**Figure B: Overnight Bag**