



## **FOLEY CATHETER HOMECARE INSTRUCTION SHEET**

### **GENERAL:**

- The Foley catheter, held in place by a balloon inside the bladder, allows continuous urinary drainage into a collection bag.
- During the day, use the smaller leg bag that straps around your thigh or calf depending upon your preference. It lets you move around more easily, but it must be emptied every 1-2 hours or as needed.
- During the night, you should use the larger, Hospital-type bag. It does not need to be emptied as often. When you get into bed, be sure to arrange the drainage tubing so it does not kink or loop. You may wish to tape your catheter to your thigh to prevent pulling on the catheter to prevent discomfort. Make sure that the bag is left hanging off the side of the bed, but do not leave the bag on the floor.

### **TO EMPTY THE SMALL OR “DAY” BAG:**

- Wash your hands before and after.
- The nursing staff will show you how to empty the bag before you go home.
- If you are unsure, please call.

### **TO EMPTY THE LARGE OR NIGHT BAG:**

- Wash your hands before and after.
- The nursing staff will show you how to empty the bag before you go home.
- If you are unsure, please call.

### **TO CHANGE YOUR COLLECTION BAG:**

- Wash your hands before and after.
- Empty the collection bag.
- Carefully (without pulling on the Foley catheter) disconnect the catheter from the drainage tube. Connect the catheter to the new drainage tube. (AVOID TOUCHING THE OPEN END OF THE CATHETER OR THE DRAINAGE TUBE WITH UNWASHED HANDS). You may use alcohol swabs which you may obtain from your pharmacy, store and wipe the end of the drainage tube prior to inserting this.

### **TO CARE FOR YOUR COLLECTION BAG:**

- Clean the outside of the bag with soap and water as needed. You can also use hand wipes if available.
- You may want to use alcohol wipes on the end of the tube before inserting it into your catheter.