Foley Catheter Care

What is a foley catheter?
A urinary catheter drains urine continuously from the bladder, through a clear plastic tube and into a collection bag. It is held inside the bladder by a small balloon filled with sterile saline.

Common conditions that may require a urinary catheter
- Inability to control bladder muscle
- To protect skin from urine exposure
- Inability to empty urine from the bladder

Common catheter care instructions
- Wash your hands before and after handling your catheter
- Secure drainage tubing to leg with securement device (leg strap or adhesive) alternating legs each day
- Do not tug or pull on catheter
- Maintain fluid intake as directed by your healthcare professional
- Keep tube free of kinks
- Maintain collection bag below level of the bladder

What should I do?
- Empty the bag at least every 8 – 12 hours or when the bag is ½ – ⅔ full.
- To empty drainage bag, remove the drainage spout from the protective sleeve of the drainage bag. Be sure not to touch the tip of the spout or allow contact with the inside of collection container or floor. Drain the urine into a toilet or other clean container after unclamping the drainage spout. Reclamp the drainage spout.
- Clean the drain of the collection bag with alcohol before and after emptying the bag.
- Wash the area around your catheter with soap and warm water every day. Move the catheter around as little as possible.
- Do not use powders or lotions around the catheter.
- If you use a leg bag
  Clean the bag with soapy water or rinse the bag well with clear tap water.
  Soak the bag for 30 minutes in a solution of one part vinegar to three parts water.
  Empty the bag
  Air dry the bag
  Clean connecting tip with alcohol
  Replace tubes and catheter bags that are cracked, hardened, or difficult to see into

Notify your health care provider if you have any of the following signs or symptoms:
- Cloudy urine
- Urine with a foul (bad) smell
- Urine with gritty or crusty deposits
- Urine with blood
- A fever
- Chills
- Leaking around the catheter
- No urine draining
- Urine with mucus
- Dark tea colored urine
- Burning at the urinary opening
- Pain or discomfort around the catheter
- The catheter is accidentally pulled out
- Stomach pain or feeling of lower abdominal fullness
- Constipation

Urinary catheters come in different sizes.
- Your catheter size is _____________.
- Your balloon size is _____________.

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