

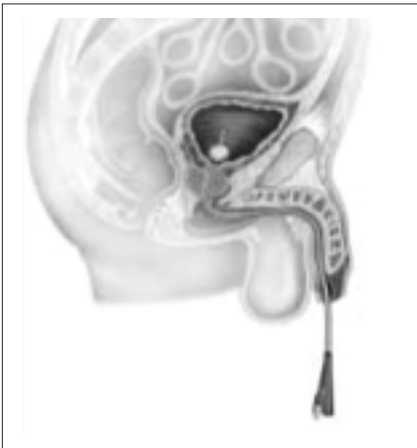
Using a Foley Catheter

A Foley Catheter is a slender rubber tube inserted into the bladder to drain urine. There is a balloon on the end of the catheter that holds it in place. With the catheter in place, you do not have to use the toilet to urinate. The catheter may remain in place for days or weeks depending on why your physician feels it is necessary.

You will go home with the catheter connected to a leg bag. The leg bag will contain the urine draining from the bladder, and should be emptied when it is one-half full. Women wearing dresses and skirts can attach the bag to the upper leg. It is attached to the lower leg for people wearing slacks or pants. The catheter is secured in place with Velcro straps at the top and bottom. The leg bag is for day-time use only, when you are walking or sitting. At night, or if you are resting in bed for a few hours, you must change to the night bag to prevent infection.

Guidelines

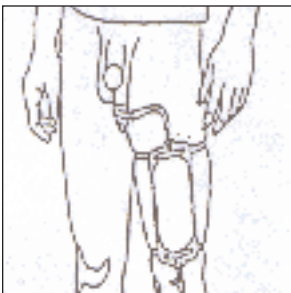
To care for yourself and your catheter, follow these guidelines:



- DO NOT pull on the catheter to try to remove it unless you have been instructed to do so by your physician.
- If your physician has instructed you to remove the catheter, and if you have any questions or concerns about this, call your urologist before removing the catheter.
- Keep the catheter tube taped or tied to your leg to prevent accidental pulling on the catheter.
- Always keep the urine drainage bag below the level of your bladder. This prevents urine from running back into your bladder and reduces your chances of getting a bladder infection.
- DO NOT puncture, cut or clamp the catheter.
- Drink six to eight glasses of water a day, unless you are on a fluid restriction diet. Your urine should be clear or pale yellow.

- Empty your leg bag when one-half full. DO NOT allow the urine to sit in the bag for more than three to four hours.
- Daily cleansing around the catheter is necessary. A shower is preferred. If you must take a bath connect the catheter to the night drainage bag.
- If a crust forms on the catheter, it should be washed off gently with warm water and mild soap. Rinse the area and dry well.
- DO NOT put creams or ointments on the catheter unless prescribed by your doctor.
- Your physician will determine when and if your catheter needs to be changed.

Emptying Your Leg Bag



1. Wash hands with warm water and soap and dry well.
2. Unfasten the bottom leg strap.
3. To drain the bag, open the valve at the bottom of the leg bag and pull the valve down as far as it goes, into its open position.
4. Drain bag contents into the toilet or other receptacle.
5. After the urine has been drained, close the valve to reseal the bag. When the valve is turned up as far as it goes, it is closed. Now re-fasten the bottom leg strap.

A Foley Catheter, held in place by a small balloon is inserted into the bladder to drain urine.



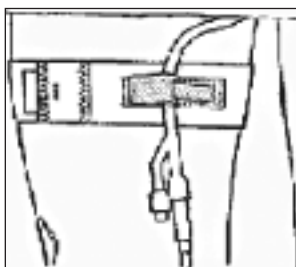
Changing from the Leg Bag to the Night Bag



It is important to change to the Night Bag at bedtime. The leg bag is too small to hold the amount of urine that will collect. The Night Bag is large, holds more urine and will allow you to sleep all night without having to wake up to empty the bag.

1. Empty the leg bag. Disconnect the catheter from the Leg Bag at the clear connector. As you do this, pinch the catheter with your fingers so urine does not leak.
2. Take the plastic cap off the tubing from the Night Bag. Connect the Night Bag drainage tubing to the urinary catheter. Place the Night Bag inside a clean plastic wastebasket beside the bed to protect against urine spilling on the floor.
3. When using the Night Bag, use a Foley Catheter holder to secure the catheter to your thigh, to prevent kinks or loops in the tubing.
4. Keep the Night Bag below your bladder level, whether lying, sitting or standing.
5. In the morning, empty the night bag. At the bottom of the Night Bag, pull out the short end of tubing, then open the clamp and drain the urine. (See the Night Bag Diagram at left.)
6. You can now remove the Night Bag and put on the Leg Bag for daytime use.

Figure A



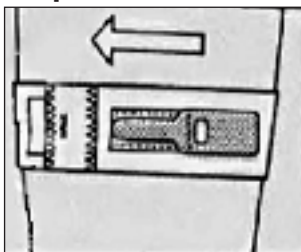
Foley Catheter Securing Instructions

These instructions are intended for the positioning of the legband style Foley Catheter holder (see figure A at left). The illustration demonstrates a properly secured Dale brand Foley Catheter holder worn high, on the thigh. Patients with a history of diabetes, phlebitis or circulatory disease should not use this type of catheter holder.

Step One:

Position the legband high around the thigh so that the label printing is pointing to the inside of the leg. Stretch legband in place and fasten the Velcro tab. Proper compression has been achieved when two fingers fit snugly under the band.

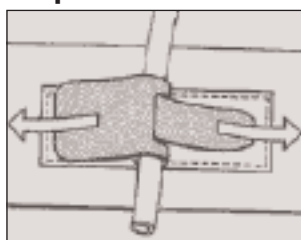
Step One:



Step Two:

Place Foley Catheter over the white stitching of the green tab. Leave an ample loop in catheter above the leg band to avoid bladder traction, or to stretch catheter for traction, when required.

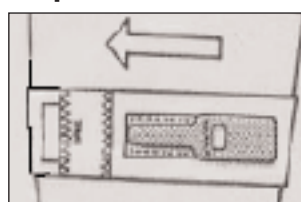
Step Two:



Step Three:

With the catheter in the desired position, insert the narrow, Velcro green tabs over catheter and through the square opening so that the green Velcro tabs overlap.

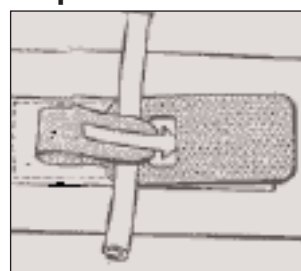
Step Three:



Step Four:

Lock the catheter into position by pulling the green Velcro tabs in opposite directions. Secure the tabs in place. To reposition the catheter, raise either of the green Velcro tabs, adjust the catheter and refasten the tab.

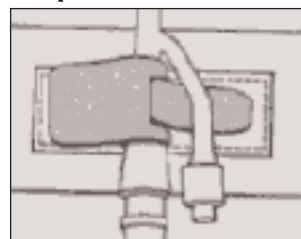
Step Four:



Step Five:

An alternative method of securing your catheter is to place the Y port at the proximal end of the catheter into the locking device.

Step Five:



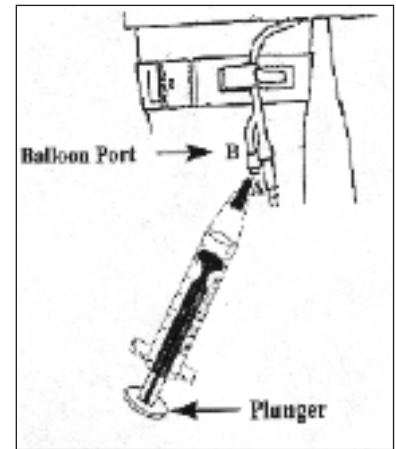
For increased comfort the legband may be alternated between the right and left legs in order to prevent perineal irritation.

Directions for Removing the Foley Catheter

Your Foley Catheter remains in place because a balloon close to the catheter tip was inflated with fluid immediately after the catheter's insertion. If you have been instructed to remove your Catheter at home, you will need to remove the fluid from the balloon, using the 10cc syringe provided to you.

Follow the directions below. If you have any questions, or if you feel pain or resistance when removing the catheter, **CALL YOUR DOCTOR OR UROLOGIST!** After the catheter has been removed you may experience stinging or burning with urination.

1. Wash hands with soap and water and dry well.
2. Gather the syringe provided to you and a wastebasket to discard the equipment.
3. Sit down. You may find it comfortable to sit on the toilet.
4. Look at the diagrams. Gently insert the tip of the syringe (A) into the balloon port of the catheter (B). The syringe should securely fit into the balloon port.
5. Gently pull the syringe plunger back to empty the balloon.
6. Once the balloon has been deflated, you are ready to remove the catheter.
7. Gently withdraw the catheter and place in the wastebasket.



If you don't understand the instructions for catheter removal call your urologist. If you have difficulty removing the catheter, experience pain or develop bleeding, call your urologist. If you are unable to contact your urologist, go to a hospital emergency room!

Cleaning Instructions for Night and Leg Bags

The external catheter equipment will last for approximately one month. Discard equipment earlier if it becomes discolored, odorous or brittle. If the catheter is needed for longer than two to three weeks, an additional Night drainage bag should be purchased. The two Night Bags should be alternated in use, to insure longer wear.

Daily Cleansing:

1. Place tubing under the faucet and rinse with cold water.
2. Agitate for 10 seconds; empty through the spigot.
3. Repeat #1 and #2.
4. Prepare a bleach solution using 10 ounces of cold water and an ounce of bleach.
5. Carefully pour into the tubing and bag (may use irrigating bottle) and agitate for 30 seconds.
6. Empty the bag through the spigot and allow to dry completely overnight.

Equipment & Supply Companies

- Byram Healthcare: www.byramhealthcare.com 1-877-902-9726
- Byrne Home Health: 16 Main Street, Natick, MA 508-655-3656
- Johnson Compounding & Wellness Center: 577 Main Street, Waltham, MA 02452 781-893-3870

Please Note: Reimbursement policies for catheter supplies vary by health care insurer.

Call your physician if:

- You have a temperature, chills or back pain.
- Your urine becomes cloudy or foul smelling.
- Your catheter comes out.
- No urine is draining into the urine bag.
- You have pain where the catheter enters your body.
- You have pain or burning in your bladder.
- You see blood in your urine that has not been there before.
- You have bloody or pus-like discharge from around the catheter.

Contact your doctor if you have questions about your condition, treatment or this information.