

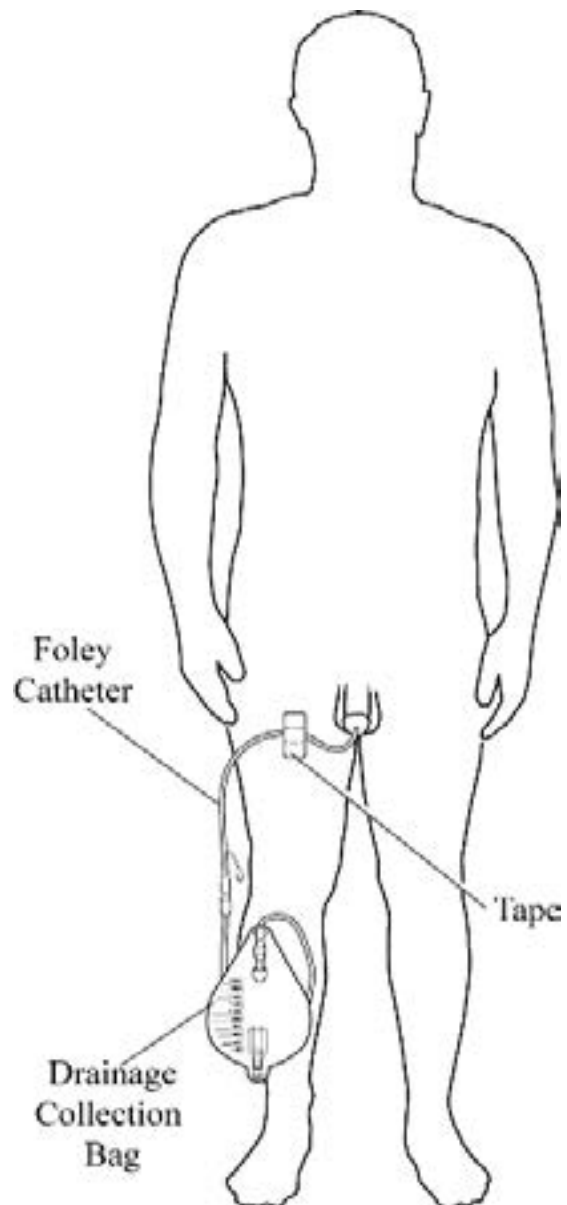
Home Care for Your Foley Catheter (Male)

A Foley Catheter is a long, thin, flexible tube that is put in your urethra and goes into your bladder. Your urethra is the tube that carries urine from your bladder to the outside of your body. The catheter will drain urine and is held in place by a small balloon filled with water.

Cleaning Around Your Catheter

Wash around your catheter each day.

1. Gather your supplies.
 - Soap and water
 - Washcloth and towel
 - Leg strap
2. Wash your hands with soap and warm water.
3. Look carefully at the place where the catheter leaves your body. Check for any **swelling, redness, or drainage, like blood or pus**. It may help to use a mirror. If you are uncircumcised, you may need to pull back your foreskin to see your urethra.



This handout is for informational purposes only. Talk with your doctor or health care team if you have any questions about your care.

4. Gently wash with soap and water the area around your catheter, penis, and scrotum. If needed, gently pull back your foreskin and wash around the catheter. **Do not** pull on your catheter. Rinse well and dry.
5. Use your leg strap to attach your drainage bag to your leg.
6. Wash your hands with soap and warm water.

Empty the Bag and Measure the Urine

Empty your drainage bag when it is **just over half full**. The smaller leg bag will need to be emptied more often than your larger bag. You should also empty the drainage bag when you go from one type of drainage bag to another. For more information, ask your nurse for the patient education handout: [Leg Bag](#).

1. Gather your supplies:
 - Soap and water
 - Empty container with measurement marks
 - Clean paper towel or tissue
 - Urine record log
2. Remove the drain tube from the holder on the bottom of your bag.
3. Hold the drain tube over the container and open the tube clamp. Let the urine empty into your container.
4. When your drainage bag is empty, **close the clamp** on your drain tube. Use a clean paper towel or tissue to dry the end of the drain tube and put it back into the holder.
5. Use a record log to write down the amount of urine in the container and the color and smell of the urine.
6. Pour the urine into the toilet. Rinse the container with water and pour the water into the toilet. Flush the toilet. Set your container on a clean paper towel until it is needed again.
7. Wash your hands well with soap and warm water or use an alcohol based hand sanitizer.

Here is an example of what to write down:

Date	Time	Amount Drained (ounces or cc's)	Color, Smell

Urine should be clear and have a yellow color with a mild smell. Talk to your doctor or nurse about what you can expect if you have had bleeding or an infection in your urine.

Care of the Drainage Bag

Clean your drainage bag every few days with a mixture of white vinegar and water.

1. Mix 1½ cups of vinegar in 2 quarts of water.
2. Pour the vinegar water mix into your drainage bag and swish it around in the bag. Lay the bag in your bathtub or sink to soak for about 30 minutes. Be sure the tubing is full of the mixture too.
3. Drain the mixture back out and rinse with clean water. Dry the outside of the bag and tubing.

Do not use a bleach solution in the bag or tubing because it can damage the bag and tubing. It is important to change your drainage bag each month or if there is a leak in your tube.

When to call your doctor:

Call your doctor if you have any of the following:

- Urine that is cloudy or smells bad
- Temperature of 100.4 degrees Fahrenheit (38 degrees Celsius) or higher
- Itching, rash or burning near or where the catheter leaves your body
- Feeling that your bladder is full or that your catheter is plugged
- Blood in your urine
- No drainage of urine

- Urine leaking around your tube
- Your catheter falls out
- **If you had surgery** and you have **more** urine leaking or bloody drainage than you were told to expect

If you need to call the doctor:

- Take your temperature and write it down.
- Try to describe your problem as detailed as you can. For example if the problem is pain, state where the pain is, what it feels like (sharp, dull, burning) and when it occurs. Write the information down to help you remember.
- Have this information ready when you call the doctor.