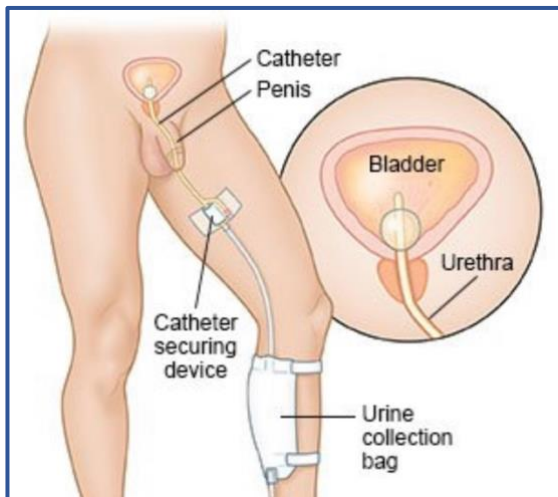


Caring For a Foley Catheter at Home

A foley catheter (fig. 1) is a simple drainage system that allows your bladder and urethra to heal after surgery. The foley catheter will be in place for approximately one week after your procedure. The urologist will remove the catheter at your follow up appointment.

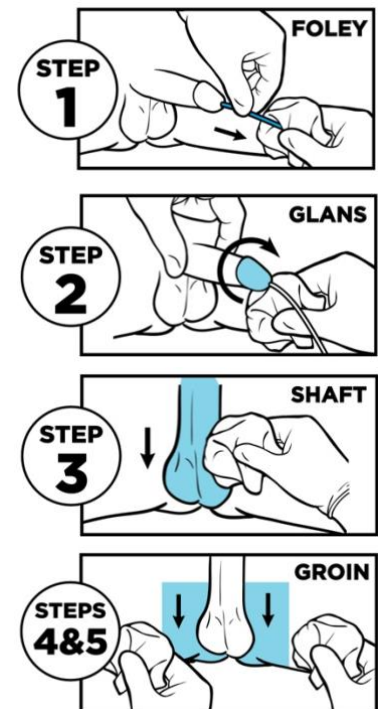
- 1) **Keep it clean:** Shower daily. Use gentle soap and hot water to clean the penis, scrotum, groin and catheter tubing. Rinse well and pat dry with a clean towel. If you are not able to shower, use cleaning wipes provided at discharge once a day. (fig. 2)
- 2) **Use Gravity:** Keep the collection bag hanging below your bladder at all times. Urine should never flow from the collection bag back toward your body.
- 3) **Empty often:** When urine is left in the collection bag for extended periods of time, bacteria can start to grow increasing your risk for an infection.
- 4) **Take notes:** Pay attention to the color and smell of your urine. Cloudy, hazy, or foul-smelling urine could indicate infection. If you notice a change in the color or odor of your urine, call your urologist.
- 5) **Stay hydrated:** Drink at least 2 liters of water every day (a Nalgene water bottle = 1 liter). Staying hydrated helps flush bacteria out of your kidneys and bladder.
- 6) **Wash your hands:** Use hot water and soap to wash your hands frequently! Hand washing is the best way to prevent the spread of bacteria. Make sure to wash hands before AND after cleaning your catheter or emptying the drainage bag.



(fig.1)

HELPFUL REMINDERS

- Always make sure to wash your hands with soap and water before touching your catheter
- Keep the collection bag below your bladder at all times
- Make sure tubing is not twisted or kinked
- Empty collection bag frequently
- www.linktovideo.com (link here)



(fig. 2)