

## "WHAT IS A FOLEY CATHETER?"

Because of your medical problem, your body is having trouble completely emptying your bladder of urine. This is why your doctor has prescribed a Foley catheter. The Foley catheter will act as a drain to keep your bladder empty.

A Foley catheter is a thin, hollow tube made of soft, flexible material. It is passed through the urethra into the bladder.

The catheter is held in place by a small water-filled balloon which is inflated in the bladder to keep the catheter from falling out while you go about your normal activities.

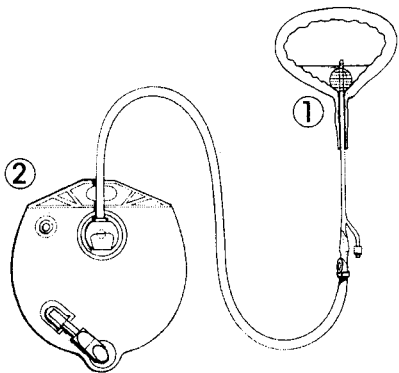
Urine will automatically drain out of your bladder into the bag which is attached to the catheter.

You may experience a stinging sensation or spasms, especially within the first few days after insertion. **This is not unusual, and is not cause for alarm.** The spasms may also cause some urine to leak around the catheter.

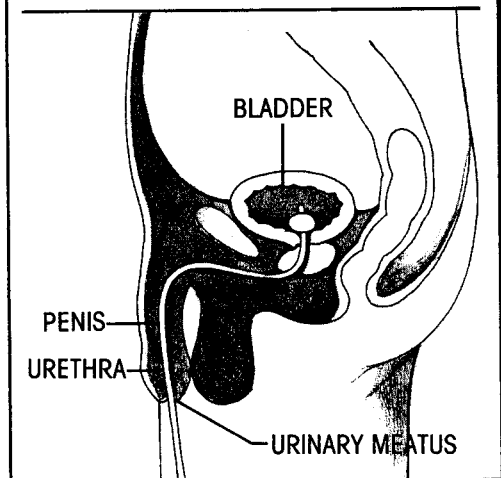
If discomfort or leakage continues more than three days, call your nurse.

A catheter drainage system consists of:

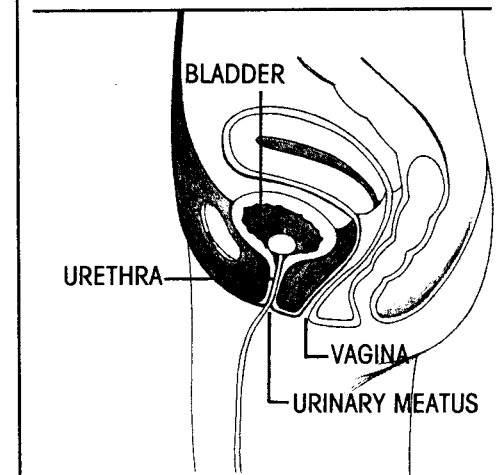
- ① A Foley catheter.
- ② A urinary drainage bag.



Catheter placement in a male.



Catheter placement in a female.



# FOLEY CATHETERIZATION



## "HOW DO I CARE FOR MY FOLEY CATHETER"

It is important to follow a few simple guidelines to avoid possible complications with your Foley catheter.

### 1) MAINTAIN A CLOSED DRAINAGE SYSTEM.

Maintaining a "closed" drainage system reduces the number of bacteria that enter the catheter system to cause an infection.

In order to maintain a closed drainage system:

- DO NOT remove the catheter unless instructed by your nurse.
- DO NOT handle the catheter, tubing, or drainage bag without first washing your hands with soap and water.
- DO NOT break the red seal to disconnect the catheter from the tubing.

■ If a disconnection accidentally occurs, clean both ends with an alcohol pad, reconnect immediately, and call your nurse.

### 2) ANCHOR TUBING SECURELY.

Anchor the catheter securely to your thigh with a Velcro® leg strap as shown on the illustration. Make sure the strap is not too tight. Leave some slack on the catheter between the leg strap and the point where the catheter enters your body. This will prevent the catheter from pulling and tugging uncomfortably.

### 3) MAINTAIN A STEADY URINE FLOW.

■ Keep the drainage bag below the level of your lower abdomen at all times, to keep urine flowing steadily.

■ Make sure there are no kinks or loops in the catheter or tubing which might restrict urine flow.

■ Empty the drainage bag every four to eight hours, or if it becomes filled before then.

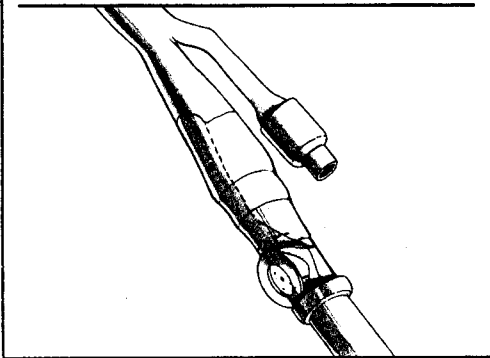
■ DO NOT let the drain tube touch the container the urine is draining into, when emptying the bag.

■ DO NOT touch the drain tube.

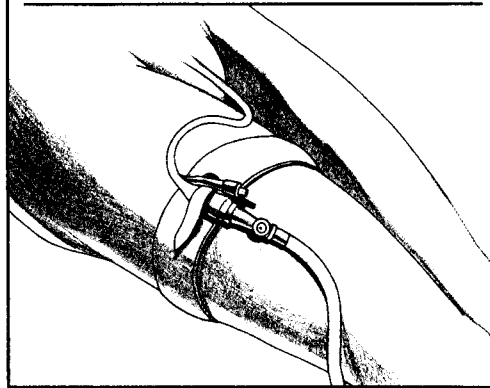
### 4) PRACTICE GOOD HYGIENE.

Wash the skin around the catheter with soap and water daily and after each bowel movement.

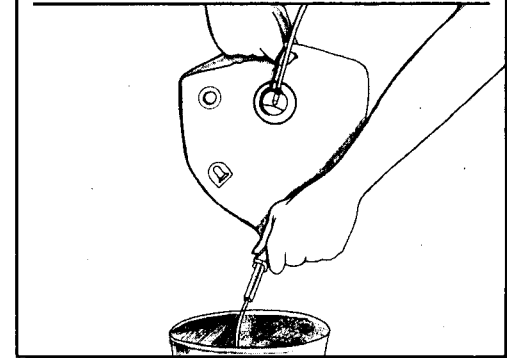
The red seal helps prevent disconnection of the catheter from the tubing.



Proper catheter anchoring.



Proper emptying of urinary drainage bag into pail.



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# FOLEY CATHETERIZATION



## "HOW CAN I PREVENT PROBLEMS WITH MY FOLEY CATHETER?"

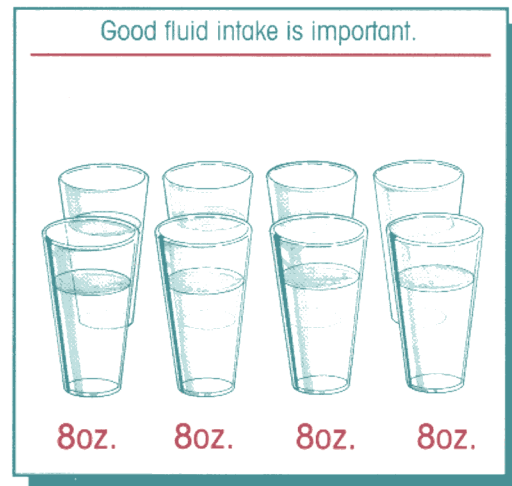
The Foley catheter is a necessary aid for managing your urinary drainage. With proper management and care, most potential problems with your Foley catheter can be avoided.

### 1) DRINK PLENTY OF LIQUIDS.

Unless your doctor has prescribed otherwise, drink at least eight to ten 8 ounce glasses of liquids daily. This helps reduce buildup of deposits that may block the catheter from draining properly.

### 2) MAINTAIN CONSTANT DRAINAGE.

Keeping the drainage bag below bladder level at all times, and free of kinks and loops allows urine to drain in a "downhill" direction.



Urine backing up or stagnating in the tube or bag can lead to infection.

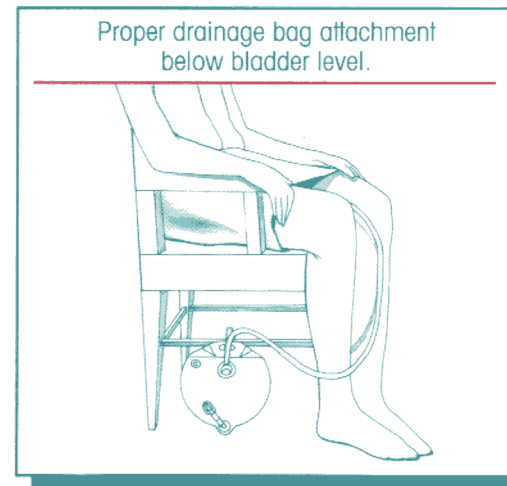
Empty your night drainage bag every 4-8 hours or more frequently if it becomes filled before then.

### 3) PRACTICE GOOD HYGIENE.

Wash hands with soap and water before and after touching the catheter or drainage bag. Wash skin around the catheter with soap and water daily and after each bowel movement. This will help reduce the risk of infection.

### 4) MAINTAIN A CLOSED DRAINAGE SYSTEM.

Maintaining a "closed" drainage system reduces the number of bacteria that enter the catheter system to cause an infection.



In order to maintain a closed drainage system:

- DO NOT remove the catheter unless instructed by your nurse.

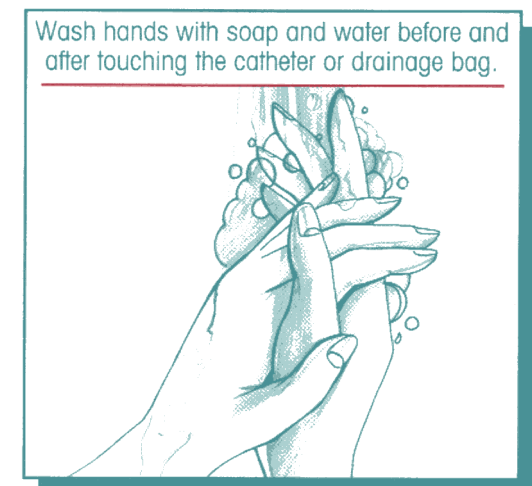
- DO NOT handle the catheter, tubing, or drainage bag without first washing your hands with soap and water.

- DO NOT break the red seal to disconnect the catheter from the tubing.

- If a disconnection accidentally occurs, clean both ends with an alcohol pad, reconnect immediately, and call your nurse.

### 5) TALK TO YOUR NURSE.

Your nurse will use the smallest size catheter and balloon possible. A larger catheter may cause problems and will not drain urine any faster.



Because you know the difference

# FOLEY CATHETERIZATION



## “WHAT SHOULD I DO IF I THINK I HAVE A PROBLEM?”

Talk to your nurse whenever you have a question or think you may have a problem. Here are some things you can do on your own.

### LEAKAGE

Occasional leakage is not unusual. If it is persistent or in large amounts, call your nurse.

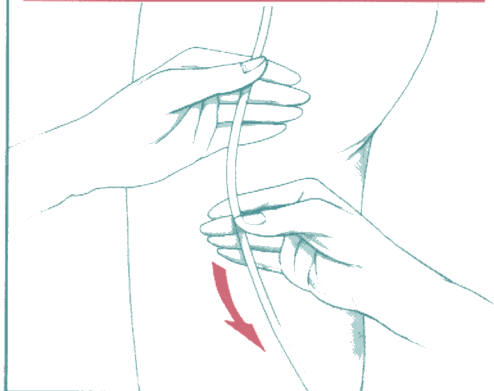
Call your nurse immediately if you notice:

- Strong odor or cloudy urine
- Blood in urine
- Chills, fever above 99.4°
- Lower back pain
- Abnormal leakage around the catheter
- Swelling at catheter insertion site, especially in men
- Disorientation or change in mental status

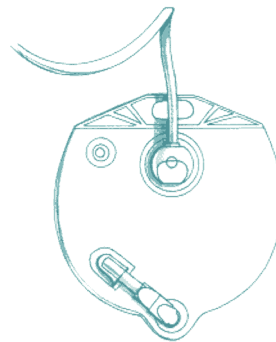
### NO URINE IN BAG

- Roll catheter between fingers to feel for grittiness inside tube
- “Milk” catheter toward drainage bag to free blockage
- Check for kinks or loops in the catheter and tubing
- Make sure the bag is lower than your abdomen so urine flows downhill
- DO NOT clamp the catheter or tubing
- DO NOT irrigate the catheter
- Call your nurse immediately if the above steps do not restore proper urine flow

“Milk” the catheter or tubing toward the drainage bag to help free any blockage.



Avoid kinks and loops in the catheter or tubing.



Call your nurse about large amounts of leakage or when you cannot restore urine flow.



# FAQs

(frequently asked questions)

## about “Catheter-Associated Urinary Tract Infection”

### *What is “catheter-associated urinary tract infection”?*

A urinary tract infection (also called “UTI”) is an infection in the urinary system, which includes the bladder (which stores the urine) and the kidneys (which filter the blood to make urine). Germs (for example, bacteria or yeasts) do not normally live in these areas; but if germs are introduced, an infection can occur.

If you have a urinary catheter, germs can travel along the catheter and cause an infection in your bladder or your kidney; in that case it is called a catheter-associated urinary tract infection (or “CA-UTI”).

### *What is a urinary catheter?*

A urinary catheter is a thin tube placed in the bladder to drain urine. Urine drains through the tube into a bag that collects the urine. A urinary catheter may be used:

- If you are not able to urinate on your own
- To measure the amount of urine that you make, for example, during intensive care
- During and after some types of surgery
- During some tests of the kidneys and bladder

People with urinary catheters have a much higher chance of getting a urinary tract infection than people who don’t have a catheter.

### *How do I get a catheter-associated urinary tract infection (CA-UTI)?*

If germs enter the urinary tract, they may cause an infection. Many of the germs that cause a catheter-associated urinary tract infection are common germs found in your intestines that do not usually cause an infection there. Germs can enter the urinary tract when the catheter is being put in or while the catheter remains in the bladder.

### *What are the symptoms of a urinary tract infection?*

Some of the common symptoms of a urinary tract infection are:

- Burning or pain in the lower abdomen (that is, below the stomach)
- Fever
- Bloody urine may be a sign of infection, but is also caused by other problems
- Burning during urination or an increase in the frequency of urination after the catheter is removed.

Sometimes people with catheter-associated urinary tract infections do not have these symptoms of infection.

### *Can catheter-associated urinary tract infections be treated?*

Yes, most catheter-associated urinary tract infections can be treated with antibiotics and removal or change of the catheter. Your doctor will determine which antibiotic is best for you.

### *What are some of the things that hospitals are doing to prevent catheter-associated urinary tract infections?*

To prevent urinary tract infections, doctors and nurses take the following actions.

### **Catheter insertion**

- o Catheters are put in only when necessary and they are removed as soon as possible.
- o Only properly trained persons insert catheters using sterile (“clean”) technique.
- o The skin in the area where the catheter will be inserted is cleaned before inserting the catheter.
- o Other methods to drain the urine are sometimes used, such as
- External catheters in men (these look like condoms and are placed over the penis rather than into the penis)
- Putting a temporary catheter in to drain the urine and removing it right away. This is called intermittent urethral catheterization.

### **Catheter care**

- o Healthcare providers clean their hands by washing them with soap and water or using an alcohol-based hand rub before and after touching your catheter.

If you do not see your providers clean their hands, please ask them to do so.

- o Avoid disconnecting the catheter and drain tube. This helps to prevent germs from getting into the catheter tube.
- o The catheter is secured to the leg to prevent pulling on the catheter.
- o Avoid twisting or kinking the catheter.
- o Keep the bag lower than the bladder to prevent urine from backflowing to the bladder.
- o Empty the bag regularly. The drainage spout should not touch anything while emptying the bag.

### *What can I do to help prevent catheter-associated urinary tract infections if I have a catheter?*

- Always clean your hands before and after doing catheter care.
- Always keep your urine bag below the level of your bladder.
- Do not tug or pull on the tubing.
- Do not twist or kink the catheter tubing.
- Ask your healthcare provider each day if you still need the catheter.

### *What do I need to do when I go home from the hospital?*

- If you will be going home with a catheter, your doctor or nurse should explain everything you need to know about taking care of the catheter. Make sure you understand how to care for it before you leave the hospital.
- If you develop any of the symptoms of a urinary tract infection, such as burning or pain in the lower abdomen, fever, or an increase in the frequency of urination, contact your doctor or nurse immediately.
- Before you go home, make sure you know who to contact if you have questions or problems after you get home.

If you have questions, please ask your doctor or nurse.

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