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## FOLEY CARE FOR THE MALE

A foley catheter is a rubber tube which allows for continuous urine drainage, so that the patient need not use a bedpan or toilet to void. There is a balloon on one end of the catheter that prevents the catheter from falling out. Your catheter will have to stay in place until your doctor states it can be safely removed.

Prior to discharge from the hospital or our office, a staff member will give you instructions about the care of your foley catheter and drainage bag. If you follow these instructions carefully, you will reduce the chances of infection from occurring.

### 1. Foley Catheter Care

#### a. Supplies

- i. Bacitracin ointment
- ii. Q-tips

#### b. Procedure

- i. Wash hands
- ii. Use soap and water to wash the area around your catheter and the tip of your penis
- iii. Use Q-tips to apply bacitracin at the tip of the catheter and at the tip of the penis.
- iv. Do this procedure twice a day. This will help keep the area from becoming irritated or infected.

### 2. Leg Bag

- a. This is a plastic bag that collects urine drainage from the catheter. It is attached to your foley catheter and strapped around your thigh.
- b. The leg bag allows you to move around more easily as it is smaller than the night bag
- c. You must empty it every 3-4 hours
  - i. Wash your hands before you empty the bag
  - ii. Release the stopper to drain the bag into the toilet
  - iii. When the urine is drained out completely, swab the drain port with an alcohol swab or cotton ball
  - iv. Replace the stopper

### 3. Night Drainage Bag

- a. This is a hospital type bag. It is larger than the leg bag and holds more urine. Therefore, you will not have to worry about getting up in the middle of the night to drain your bag.



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- b. Before you go to bed, replace the leg bag with the night bag.
  - i. First empty your leg bag
  - ii. Pinch off the catheter with your fingers and swab the connection between the catheter and the leg bag with an alcohol swab.
  - iii. Disconnect the leg bag and connect the night drainage bag to your Foley.
  - iv. Tape the the drainage tubing to your thigh
  - v. When you get into bed, arrange the drainage tubing so that it doesn't kink or loop
  - vi. Hang the drainage bag in the side of your bed. Be sure to keep the drainage bag below your bladder level at all times.

#### 4. Cleaning your Drainage Bags

- a. Supplies
  - i. Mixed solution of 1 cup white vinegar and 1 cup water
  - ii. Basin
  - iii. Funnel or catheter tip syringe
- b. Procedure
  - i. Wash hands
  - ii. Rinse bag with lukewarm water
  - iii. Using funnel or syringe, fill the bag halfway with the vinegar water mixture
  - iv. Shake the bag and then empty it
  - v. Soak the urine bag and tubing in the basin filled with a soap solution for 30 minutes
  - vi. Rinse the bag and hang it to dry
  - vii. Clean the drainage bags every day

#### 5. Important things to Remember

- a. Drink 8 glasses of fluid daily
- b. You make take a shower, the catheter and bag are waterproof
- c. It is possible that you may have some of the following problems occasionally
  - i. Pain and fullness in your bladder
  - ii. Urine leakage around the catheter
  - iii. Scanty urine flow
  - iv. Blood or particles in the urine

**If the above problems persist, call us!!**