

# Post-Operative Instructions

## FOLEY/URINARY CATHETER CARE

An indwelling urinary catheter is a flexible plastic tube that is inserted through the opening that carries urine from the bladder to the outside of the body (urethra), to drain urine. The tube is kept in place by a small balloon that is inflated once the tube is securely in the bladder. Urine drains into a bag that is attached to the thigh through this catheter.

### To care for your urinary catheter at home:

- Make sure that urine is flowing out of the catheter into the drainage bag.
- Check the area around the insertion site for signs of infections (such as inflammation and irritated/swollen/red/tender skin), and/or leakage of urine around the catheter
- Keep the urinary drainage bag below the level of the bladder (to prevent backflow into the bladder).
- Make sure that the urinary drainage bag does not drag and pull on the catheter.

### Caring for your catheter:

- Clean the area around the drainage tube twice each day.
- Use a mild soap and water around the drainage tube.
- Rinse well and dry with a clean towel.

### Draining the urine collection bag:

The bag that collects urine may be strapped to your thigh. You will need to empty the bag at regular intervals, typically every 2 to 4 hours, or whenever the catheter bag is half-full, and at bedtime.

- Wash your hands with soap and water. If you are emptying another person's catheter bag, you may wish to wear disposable gloves. Wash your hands before you put the gloves on and after removing them.
- Unfasten the bottom twist cap and drain the urine into the toilet. You may also drain the urine into another container, and then empty the urine into the toilet. Avoid touching the tubing or drainage cap on the toilet, on the collection container, or on the floor.
- Turn the twist cap clockwise to ensure closure, and wipe the cap with an alcohol swab.
- Wash your hand with soap and water after finishing catheter care.

### In case of accidental dislodgement:

The urinary catheter is held in place with a small, inflated balloon. Do not try to deflate or re-inflate the balloon yourself. In case of accidental dislodgment of the urinary catheter, do not attempt to replace it. Please call Aloha Urology at 808-599-7779.