

Meatal Care and Catheter Care When Using a Foley Catheter

What is the purpose of meatal care?

The **meatus** is the opening to your urethra. The **urethra** is where urine leaves the body. It is important that you care for the meatus to decrease the risk of infection while your Foley catheter is in place. Repeated infections may cause scarring of the bladder.

How can I care for the meatus?

1. Using soap and water, wash around the meatus at the entry point of the Foley catheter.
2. Rinse well.
3. Men/Women: cleanse daily. Continue this until the Foley catheter is removed in clinic.

What is the purpose of the Foley catheter holder?

The holder secures the catheter and keeps it stable. It also prevents irritation to your meatus from movement of the catheter.

What are my instructions for using a holder?

1. Position the leg band high around the thigh with the product label pointing outside of the leg.



2. Stretch the leg band in place and fasten the Velcro tab.



3. Place the Foley catheter tubing over the green tab. Leave plenty of loop in the catheter above the leg band to avoid traction or pulling.

4. With the catheter tubing in its desired position, insert the narrow green Velcro tab over the catheter and through the square opening so that the Velcro tabs overlap.



5. Pull the Velcro tabs in opposite directions and secure in place. To readjust, simply raise either side of the tab, adjust, and refasten tab.



6. Reposition the band every 4-6 hours to prevent pressure on the leg from the elastic. Switch leg bag to each leg daily to prevent pressure marks. The leg band can be washed and dried without any problems to the Velcro.

What is the purpose of the leg drainage bag?

The bag collects drainage from the catheter and helps you feel comfortable when walking. The nurse or doctor will help with the initial set up and will help determine the length of the tube that will best suit you. A non-removable connector will be attached to the bag.



With bag strap unattached

With bag strap attached

What are my instructions for using a leg drainage bag?

1. Put the buttons of the leg bag strap through the slits at the top and bottom of the bag, with buttons facing out to prevent a pressure point on your leg.
2. Position the bag with soft backing against the skin. Adjust the straps until comfortable. You can trim extra strap with scissors.
3. Ensure that the outlet valve at the bottom of the bag is firmly closed before connecting it to your Foley. Simply flip the valve upwards toward the bag until it snaps firmly in place.



Valve closed

4. Wash your hands before and after handling the Foley.
5. To drain the bag, simply flip the clamp downwards. You can easily reach the leg bag by raising your leg up to the edge of the toilet. Then you can empty the bag directly into the toilet. This will avoid bending over and causing discomfort.



Valve open

Important:

Remember to keep the drainage bag **below your bladder** to promote drainage. Your bladder is located behind your pubic bone.

How do I connect to the larger Foley bag at night?

1. Use the larger Foley bag at night. This bag can be connected to the side of your bed. Clip the string from the bag to your sheets. Take off the straps from the leg bag for night time.



2. Always wash your hands before touching the Foley catheter. To connect the larger Foley bag to the leg bag, clean each end of the Foley bag with alcohol. **Scrub each end for 30 seconds.**



3. Connect the end of the larger Foley bag into the end of the leg bag. Make sure you have a tight seal before you unclamp the leg bag for drainage.



4. Make sure to flip the clamp **upwards** on the leg bag to close.



How do I empty the larger Foley bag?

1. Use the **green clips** to unclamp from the holder.



2. Unclamp the **metal holder**.
3. After the urine has been emptied out of the Foley bag clamp the **metal holder** back together. Then put the **green clips** back into the holder on the larger Foley bag.
4. Wash your hands before disconnecting larger Foley bag from the leg bag.



How do I remove the larger Foley bag from the leg bag?

1. Take your thumb and roll the end of the leg bag **upwards**. Do not try to pull it apart when disconnecting. This can create a tighter connection between the two Foley bags.
2. Scrub the ends of each catheter and the catheter caps with alcohol for **30 seconds**.
3. Place catheter caps on the end of each Foley catheter once cleaned.
4. Wash your hands after caps have been replaced.
5. Place larger Foley catheter bag some where to stay clean and dry until the next time it is used.



When do I need to call my doctor?

Call your doctor if you have any of the following signs and symptoms:

- A significant increase in bleeding or clots in the urine that do not clear with increasing your fluid intake
- Nausea and vomiting
- Chills
- Fever over 101 degrees Fahrenheit, (with an oral thermometer)
- Severe pain that is not relieved by pain medication
- There is no urine in your bag
- Your catheter is blocked
- Decrease in the amount of urine draining to your bag
- The Foley catheter becomes dislodged before the first clinic visit
- Urinary urgency
- Excessive urine output
- Urine leakage from around Foley catheter insertion site

If the color of your urine is dark tea, that means you need to drink more.

What is the number to call?

- During business hours 8:00am- 5:00 pm on weekdays:
 - Call the Department of Urology at (734) 936-7030.
- After business hours and on weekends:
 - Call (734) 936-6267 and ask to speak with Urology Resident on call.
- If you need to see a doctor right away, please go to the nearest Emergency Room (ER). Have the ER doctor contact the University of Michigan Urology Resident on call for assistance.

The Department of Urology has created two surveys for patient feedback on using a Foley catheter. The first survey is intended to be taken before your procedure, the second is intended to be taken after your procedure. We thank you for visiting the following links and submitting your feedback before and

after your procedure so we can improve our care. The surveys should take about 10 minutes to complete.

Pre-procedure Foley Catheter Survey

https://umichumhs.qualtrics.com/jfe/form/SV_9uZGSado4eHZImB



Post-procedure Foley Catheter Survey

https://umichumhs.qualtrics.com/jfe/form/SV_ac9tnHP0Wm3rToh



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