

Meatal/Catheter Care For Women With a Foley Catheter

What is the purpose of meatal care?

Caring for the meatus is essential to decrease the risk of infection from the indwelling foley catheter. Repeated infections may cause scarring of the bladder.

What are the instructions?

- Using soap and water, wash around the meatus at the entry point of the foley catheter.
- Rinse well.
- Place a small amount of KY Jelly around the meatus.

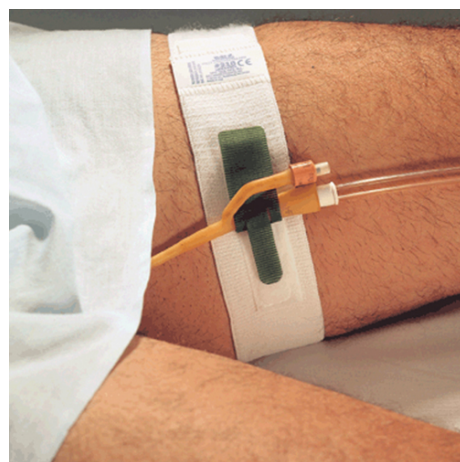
Do this twice a day. Continue this until the foley is removed in the clinic.

What is the purpose of the Foley catheter holder?

The catheter holder secures the foley and keeps it stable. It also helps to prevent meatal irritation from movement of the foley

What are the instructions for using the holder?

- Position leg band high around the thigh with the product label pointing outside of the leg.
- Stretch leg band in place and fasten Velcro tab.
- Place foley catheter over the green tab. Leave ample loop in the catheter above leg band to avoid traction or pulling.
- With catheter in desired position, insert narrow green Velcro tab over the catheter and through the square opening so that Velcro tabs overlap.



- Pull Velcro tabs in opposite directions and secure in place. To readjust, simply raise either side of the tab, adjust, and refasten tab.
- Reposition the band every 4-6 hours to prevent pressure on the leg from the elastic. Changing to the other leg or by raising or lowering the leg band can do this.
- 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 promotes comfort during the daytime or while walking.

The nurse will help with the initial set up and will help determine the length of the tube that will best suit you. A connector will be attached to the tubing on the leg bag and once that is attached, it cannot be removed.



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What are the instructions?

- Put the buttons of leg bag strap through the slits at top and bottom of bag, with buttons facing out to prevent a pressure point on your leg.
- Position bag with soft backing against the skin. Adjust the straps until comfortable. Excess strap may be trimmed with scissors.
- 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.
- Attach urine bag to the end of catheter by inserting tapered connector snugly into the catheter port. To avoid dribbling of urine, bend the catheter tubing just below the tip and hold it while you disconnect it from the

catheter. Make sure you keep the tips clean while connecting the leg bag tubing to the catheter so as not to introduce bacteria into the system.

- To drain the bag, simply flip the clamp downwards. The flexible outlet tube can be directed to control the flow of urine. You do not have to disconnect the leg bag from the foley catheter to empty it. 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 commode. This will avoid bending over and causing discomfort.
- To keep the leg bag clean, rinse it daily with equal parts water and white vinegar to keep free of bacteria and reduce odor. This applies to all types of drainage bags.
- You will also receive a large Foley drainage bag like the one you used in the hospital.

Important:

No matter what drainage system you use, remember to keep the drainage bag **below the level of the bladder** to promote drainage.

When do I need to call my doctor?

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

- A significant increase in bleeding and/or clots in the urine that do not clear with increasing your fluid intake.
- Nausea and vomiting
- Chills
- Fever over 101 degrees Fahrenheit, taken orally
- Severe pain that is not relieved by pain medication.
- No drainage, or if you notice a decrease in the amount of urine draining out
- The foley catheter becomes dislodged before the first clinic visit.

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

What is the number to call?

During business hours 8:00 am - 5:00 pm on weekdays please contact the University of Michigan, Department of Urology at 734-936-7030.

After business hours and on weekends, please call 734-936-6267 and ask to speak with the 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.

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