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# Foley Catheter Care

Patient name: \_\_\_\_\_

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DATE INITIAL

- I. The client/caregiver can define Foley catheter.
  - A. It is a catheter inserted through the urethra into the bladder to drain the urine.
  - B. It is usually inserted because of
    - Incontinence (inability to hold urine)
    - A neurogenic bladder
    - Bladder or prostate surgery
    - Obstruction causing an inability to release urine
  - C. An indwelling Foley catheter is held in place (in the bladder) by a small balloon filled with water.
- II. The client/caregiver can perform catheter care procedure.
  - A. Wash hands well before and after touching the catheter.
  - B. Use mild soap and water to wash the area around the catheter and perineal area.
  - C. Wash the catheter by cleaning gently from the meatus outward
  - D. For males, retract foreskin 0.5 to 1 inch to cleanse, being sure to replace it when finished.
  - E. Do not use powders or lotions after cleaning.
  - F. Procedure should be done at least daily and after each bowel movement.
  - G. Indwelling catheters should be changed only as necessary. Changing the catheter more frequently only increases chance of infection developing.
- III. The client/caregiver can perform care of catheter bags and catheter tubing.
  - A. Maintain good drainage by checking frequently for kinks or loops in the tubing.
  - B. Secure catheter tubing to leg to prevent pulling or tension on catheter.
  - C. Change anchoring sites by alternating sites daily. Use the inner thighs for women and the upper thighs for men.

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- D. Keep drainage bag below level of the bladder at all times to prevent infection.
- E. Empty bag at least every 8 hours or when drainage bag is just over half full.
- F. If catheter and tubing are disconnected, wipe the end of both with antiseptic solution before reconnecting them.
- G. Drainage bags may be reused after careful cleansing.
  1. Rinse inside of bag with soapy water and then rinse with clear water.
  2. Fill the bag with one part vinegar to four parts water and soak for 30 minutes.
  3. Empty the bag, and let it air dry.
  4. Store in clean, dust-free place.
- IV. The client/caregiver can demonstrate how to empty a drainage bag.
  - A. Free the drain tip from holder on drainage bag. Loosen the clamp and drain urine.
  - B. Let the urine drain into the toilet or measuring container while being careful not to let the tip touch anything.
  - C. Reclamp the tube and clean tip before replacing in holder.
- V. The client/caregiver can demonstrate how and when to use a leg drainage bag.
  - A. Leg collection bags are usually used during the day.
  - B. They usually only hold about 500 ml of urine.
  - C. The leg bag is attached to the leg with straps. Use cloth or Velcro straps to avoid possible irritation from rubber straps.
  - D. A drainage valve or cap is secured at the bottom opening of the bag.
  - E. Use the same precautions when changing or draining the leg bag as when using the large drainage bag.

(Continued)

## Part IV Procedures and Surgeries

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- VI. The client/caregiver can discuss general measures to prevent problems while using a urinary catheter.
- A. Monitor and record urine output for amount and color of urine.
  - B. Stress increased intake of clear fluids (10 to 15 glasses per day). Unless prohibited by physician, try drinking cranberry, plum, and prune juices along with water, as they help increase the acidity and prevent infection.
  - C. Keep intake of caffeine and alcohol to limited amount.
  - D. Showering and bathing may be done as ordered by physician.
  - E. Review signs, symptoms, or problems to report promptly, such as
    - A lack of urine output longer than 4 hours
    - Persistent leakage around catheter
    - Pain, swelling, or tenderness around catheter
    - A break in the catheter or if the catheter falls out
    - Fever or chills
  - F. A latex-free catheter may be needed if client has latex allergy.

## Procedures: Urinary Catheter

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- VII. The client/caregiver is aware of possible complications.

- A. Urinary-tract infection: cloudy urine, foul odor, fever, and pain in bladder area.
- B. Blocked catheter: lack of urine draining into catheter and firm, distended abdomen.

## RESOURCES

Medical supply companies

Visiting nurse

## REFERENCES

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