



You have a CATHETER in your bladder. The catheter is a thin, sterile tube inserted into your bladder to drain urine. Because it can be left in place in the bladder for a period of time, it is also called an “indwelling catheter”. It is also sometimes called a “FOLEY CATHETER”, or simply a “FOLEY”. The catheter has a small balloon at the end – this balloon is filled with sterile water and keeps the catheter from falling out of the bladder. The urine drains from the bladder, through the catheter, into a collection bag which is usually attached to the leg (a “leg bag”). This collection bag must be emptied by you every few hours or when it becomes full.

- To prevent trauma to the urethra & prostate, keep the leg bag attached to your upper thigh.
- To ensure proper drainage, the catheter should not be bent and the bag must be LOWER than your bladder.
- You can shower with a catheter but bathing in a tub is not recommended.
- In shower, wash tip of penis (where catheter exits) with soap & water, then rinse, and then dry with towel.
- To prevent irritation, apply Bacitracin, Neosporin, or Vaseline to the tip of your penis around catheter.
- If you notice urine squirting out around the catheter, gently wrap a tissue/gauze around the exit site to absorb this excess urine.
- Drink plenty of fluids; 6-8 glasses of water or other fluid a day.
- When the bag becomes full of urine, drain the urine into the toilet. You will be shown how to do this.
- Always wash your hands with soap and water before touching the catheter or the drainage bag.
- Do not tug or pull on the catheter.

#### SYMPTOMS YOU MAY EXPERIENCE WITH A CATHETER:

- Irritation or discomfort at the tip of penis or along the course of the urethra.
- Sensation of needing to urinate or feeling that you cannot urinate.
- Bladder spasms.
- Urine squirting around the catheter at the tip of the penis.

#### CALL OUR OFFICES IF:

- No urine has drained into the bag in a 4 hour period.
- No urine (or very little urine) has drained into the bag and your bladder feels like it is full.
- Dark bloody urine or numerous blood clots in the bag. Urine that is pink or cranberry colored is OK.
- Fever, chills, nausea, vomiting, back pain.
- Catheter completely falls out (rare)