

## Urinary Catheter Care and Infection Prevention

You are going home with a urinary (Foley) catheter. It is important for you to know how to prevent infection and how to care for your catheter.

How can I prevent a urinary tract infection?

- Wash your hands before touching your catheter.
- Do not pull on the tubing. Pulling will put pressure on internal stitches from surgery.
- Drink plenty of fluids. If your urine is dark or has a strong odor, you may need more water.
- Keep your genital area clean and dry. Wipe the area from front to back.

### Caring for Your Catheter

- Clean the skin around where the catheter goes in with soap and water at least twice each day and after any bowel movement
- Make sure to rinse and dry your genital area well.
- Wash the catheter tubing in the direction away from your body. Hold the catheter so it does not pull.
- After emptying the bag, clean the tip of the drainage valve with an alcohol wipe.
- Choose the drainage bag that works best for you. Some patients use the leg bag during the day and the large bag at night. Others prefer the large bag all the time. Keep the large bag off the floor.
- Do not let the collection bag get too full.
- When using the leg bag, always keep the leg strap on or use another device to hold the bag in place.
- Make sure the tubing to the drainage bag is below the level of your bladder.

### How do I clean my drainage bag?

Clean the drainage bag every time you change it, following these steps:

1. Get a new or cleaned urine bag with tubing.
2. Wash your hands.
3. Clamp your catheter tubing near the connection to your bag.
4. Unhook the used bag, clean both openings with alcohol wipes, and connect the clean one.
5. Fill the used bag with two parts white vinegar to three parts tap water. Leave the water and vinegar mixture in the bag for 30 minutes.
6. Empty and rinse the bag.
7. Hang the drainage bag upside down to dry and leave valve open to vent the inside of the bag.
8. Once dry, store it in a clean plastic bag.

### When should I call my doctor?

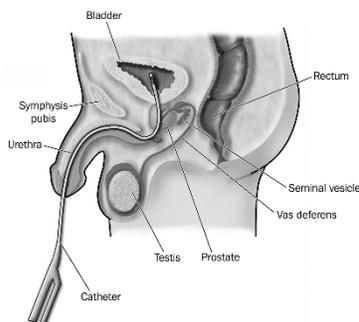
Call your doctor if you have any of the following:

- A fever higher than 100.3° F
- Burning or cramping in the belly
- Drainage or swelling where the catheter goes in
- More blood in your urine than usual or no urine drains out
- The catheter falls out

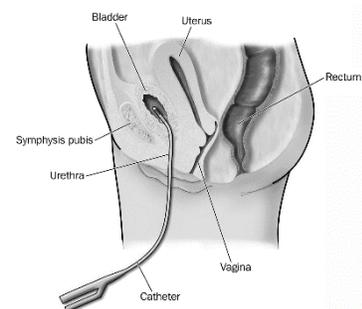
**Monday–Friday, 8 a.m.–5 p.m.:** Call the clinic at

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**After hours, weekends, and holidays:** Call 801-587-7000 and ask for the surgeon on call.



*Male Catheter Placement*



*Female Catheter Placement*