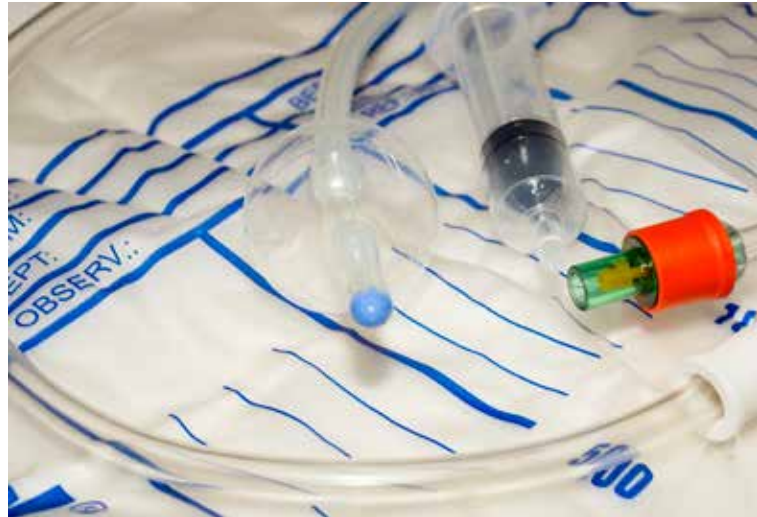


# Foley Catheter Care

## Contact numbers are:

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- District-2: 44395168
- District-3: 44395158
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## Patient and Family Education



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# Foley Catheter Care

## What is a catheter?

- It is a thin tube inserted into the bladder to drain urine.

## Catheter care:

- Explain the procedure to your patient if they are conscious.
- Wash your hands before and after catheter care.
- Put on your gloves.
- Ensure urine is flowing out of the catheter into the drainage bag.
- Check that the tube is in good condition and there are no leaks or knots.
- Keep the drainage bags below the level of the bladder to avoid urine flowing back towards the bladder as this can cause an infection.
- If you use movable bedrails, do not hang the urine bag on the bedrails. Tie the drainage bag to the bag holder attached to the bed frame.
- Clean the skin around the catheter at least once a day and every after bowel movement. This will prevent bladder and kidney infections and will keep the patient comfortable.
- Do not pull on the tubing. This can cause bleeding and hurt the urethra.
- Secure the tube with Tube holder under the bilateral aspect of the thigh.
- Do not apply powder or lotion to the catheter insertion site.
- Encourage fluid intake at least eight glasses of water each day to prevent urinary tract infections (UTI).

## If you notice any of the following problems, please report them to the Home Healthcare Nurse immediately.

- Catheter comes out
- Drainage system is blocked or leaking
- Urine is concentrated (dark color) or mixed with blood or mucus
- Fever and chills (temperature about 38 °C)
- Sweating

If you need a help you can call a Home Healthcare Nurse .

