

# Caring for Your Foley Catheter (For Prostate Surgery Patients)

## What is the purpose of the Foley catheter holder?

Your Foley catheter comes with a holder which keeps the catheter stable and prevents irritation that movement can cause.

## What are my instructions for using a holder?

1. Position the leg band high around the thigh with the product label pointing toward the outer leg (figure 1).
2. Stretch the leg band in place and fasten the Velcro tab.
3. Place the Foley catheter tubing over the green tab. Leave plenty of loop in the catheter above the leg band to avoid traction or pulling (figure 2).
4. With the catheter tubing in its desired position, insert the narrow green Velcro tab over the catheter and through the square opening so that the Velcro tabs overlap (figure 3).

**Figure 1**



**Figure 2**



**Figure 3**



5. Pull the Velcro tabs in opposite directions and secure in place. To re-adjust, simply raise either side of the tab, adjust, and refasten tab (figure 4).

**Figure 4**



6. Reposition the band every 4-6 hours to prevent pressure on the leg from the elastic. This can be done by switching to the other leg or by raising or lowering the leg band.

**Note:** You can wash and dry the leg band without damaging the Velcro.

### **What is the purpose of the leg drainage bag?**

The bag collects drainage from the catheter and promotes comfort during the day or while walking. You will receive 2 drainage bags, one large and one small. It is preferable to use the larger bag most of the time. It drains better. Use the leg bag, if you need it, when leaving the house. A nurse will help with the initial set up and will help determine the length of the tube that will best suit you. A non-removable connector will be attached to the bag.



With bag strap unattached

With bag strap attached

## What are my instructions for using a leg drainage bag?

1. Put the buttons of the leg bag strap through the slits at the top and bottom of the bag, with buttons facing out. This will prevent a pressure point on your leg (figure 5).

Figure 5



2. Position the bag with soft backing against the skin. Adjust the straps until comfortable. You can trim extra strap with scissors.

3. Ensure that the outlet valve at the bottom of the bag is firmly closed before connecting it to your Foley catheter. Simply flip the valve upwards toward the bag until it snaps firmly in place (figure 6).

Figure 6



Valve closed

4. Wash your hands before and after handling the Foley catheter.

5. Attach the urine bag to the end of the catheter by inserting the tapered connector snugly into the catheter port.

**Tip:** To help avoid urine leakage while you disconnect the tubing from the catheter, bend the catheter tubing just below the tip and hold.

**Important:** To prevent bacterial infection, be sure you keep the tips clean while connecting the leg bag tubing to the catheter.

### Draining the bag

1. To drain the bag, simply flip the clamp downwards (figure 7). 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 toilet. This will avoid bending over and causing discomfort.

Figure 7



Valve open

- You do not have to disconnect the leg bag from the Foley catheter to empty.
- To avoid bending over and causing discomfort, raise your leg up to the edge of the toilet and empty the bag directly into the toilet.

**Important:** Remember to keep the drainage bag below your bladder to promote drainage.

### Cleaning the bag

- It is important to keep your leg bag clean — free of bacteria and odor. The best way to keep the bag clean is to: **Rinse the leg bag daily with equal parts of water and white vinegar.**  
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, for use at home.

## How do I connect to the larger Foley catheter bag at night?

1. Use the larger Foley bag at night (figure 8). This bag can be connected to the side of your bed. Clip the string from the bag to your sheets. Take off the straps from the leg bag for night time.

**Figure 8**



2. Always wash your hands before touching the Foley catheter. To connect the larger Foley bag to the leg bag, clean each end of the Foley bag with alcohol (figure 9). **Scrub each end for 30 seconds.**

**Figure 9**



3. Connect the end of the larger Foley bag into the end of the leg bag (figure 10). Make sure you have a tight seal before you unclamp the leg bag for drainage.

**Figure 10**



4. Make sure to flip the clamp **upwards** on the leg bag to close (figure 11).

**Figure 11**



### How do I empty the larger Foley bag?

1. Use the **green clips** to unclamp from the holder (figure 12).

**Figure 12**



2. Unclamp the **metal holder** (figure 13).
3. After the urine has been emptied out of the Foley bag clamp the **metal holder** back together. Then put the **green clips** back into the holder on the larger Foley bag.
4. Wash your hands before disconnecting larger Foley bag from the leg bag.

**Figure 13**



Metal holder

## How do I remove the larger Foley bag from the leg bag?

1. Take your thumb and roll the end of the leg bag **upwards** (figure 14). Do not try to pull it apart when disconnecting. This can create a tighter connection between the two Foley bags.

Figure 14



2. Scrub the ends of each catheter and the catheter caps with alcohol for **30 seconds** (figure 15).
3. Place catheter caps on the end of each Foley catheter once cleaned.
4. Wash your hands after caps have been replaced.

Figure 15



5. Place larger Foley catheter bag somewhere to stay clean and dry until the next time it is used.

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