

SUPRAPUBIC CATHETER CLEANING INSTRUCTIONS

Follow these instructions to care for your Foley catheter and leg bag system:

1. Do not pull on the catheter or try to remove it yourself.
2. Keep the urine bag below the level of your bladder.
3. Drink enough water to keep your urine clear or pale yellow. This helps keep the catheter from clogging.
4. You have been given two bags for collection of urine. The small bag with the straps is the “leg bag” and the large bag with the long tubing is the “overnight bag”. The following are procedures for changing from your leg bag to your overnight bag and vice versa:

Leg Bag

Apply the leg bag to your leg with the straps provided. Be sure that it is snug, but not so tight as to cut off the circulation.

Overnight Bag

It is important to change to the larger overnight bag before you go to bed. You will produce a lot of urine while you are asleep and it is important to not let the bag get too full because your bladder will not drain properly.

Changing Bags

To change from one bag to another, simply drain the bag. You can milk the urine out of the tube by inverting the tube and allowing the air to force the urine out of the tube. Pinch the catheter and pull the bag’s top connection part from the rubber tube that goes into the bladder. Clean the open rubber tube end with rubbing

alcohol on a cotton ball or with soap and water on a wash cloth. Then clean the connecting end of the bag you are putting on next and push the two connection slightly together to prevent leakage. Place the top-end connector of the catheter bag you are not wearing in a clean plastic baggie.

6. Clean the rubber Foley tube that goes into the bladder every day with a wet, soapy washcloth either in or out of the shower.
7. Clean the urine bag you are not wearing by running under the water faucet and rinsing. Then put a solution of half water and half vinegar in the urine bag and leave sit for 15 minutes. Rinse again and leave all connections open and lay flat to dry.
8. If no urine in bag, check for kinks or twists in tubing. If still no urine or if the catheter has come out, then call your doctor or go to the Emergency Room immediately.
9. Follow-up with your Doctor as scheduled and call if you develop a fever or chills, cloudy or foul-smelling urine, or persistent blood in the urine.