

Home with Urinary Catheter



What Is a Foley Catheter?

A Foley catheter is a thin, flexible tube inserted into your bladder to drain urine while your body heals after prostate surgery. It will remain in place for about 10 days and will be removed during your follow-up visit.

Using the Drainage Bags



Leg Bag (Daytime):

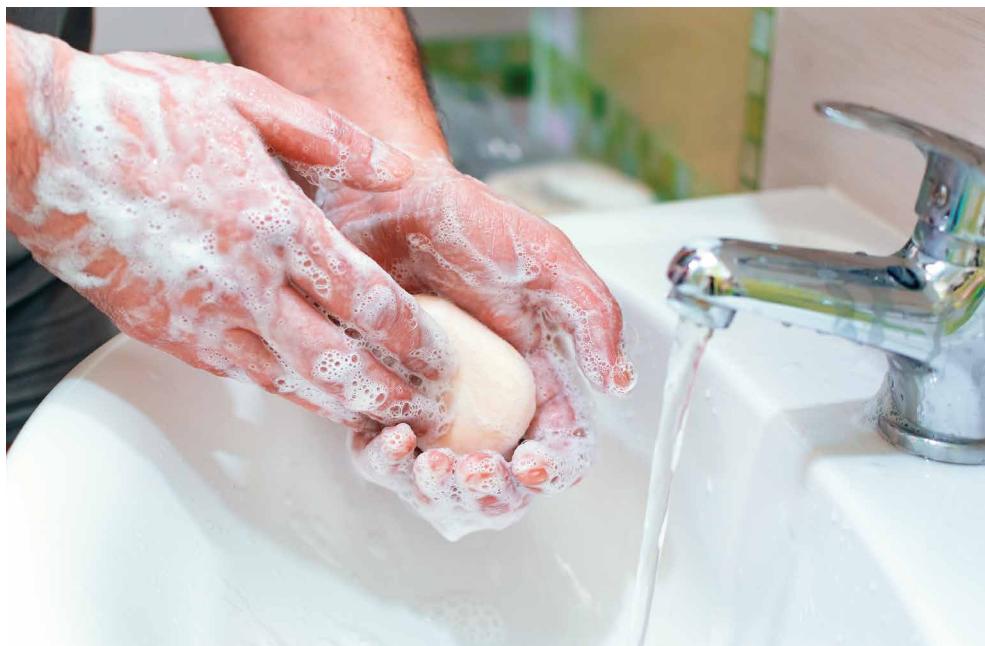
- Attach to your thigh during the day.
- Empty the bag when it's about half full or every 4-6 hours.
- Keep the bag below the level of your bladder at all times.



Night Bag (Sleeping):

- Connect the catheter to the larger night bag before going to bed.
- Place the bag below the level of your bed (e.g., in a clean bowl or on the floor).
- Don't sleep with the leg bag on.

At-Home Catheter Care



Daily Cleaning:

- Wash hands with soap and water before and after touching your catheter.
- Clean the skin around the catheter once daily with mild soap and water.
- Gently dry the area with a clean towel—do not apply powders or creams unless instructed.

Securing the Catheter:

- Use the tape provided to hold the catheter tubing in place on your thigh.
- This helps prevent accidental pulling and reduces discomfort.



How to Empty the Bag:

- Wash your hands.
- Open the drainage valve over the toilet or container.
- Let urine drain completely.
- Close the valve securely and wipe with a clean tissue if needed.
- Wash your hands again.

Activity Guidelines

- **Rest:** Take it easy for the first few days at home.
- **Walk:** Gentle walking is encouraged to prevent blood clots.
- **Avoid:** Heavy lifting, straining during bowel movements, driving until cleared by your doctor, and sexual activity until your follow-up visit.

Drink Plenty of Fluids

- Aim for 6-8 glasses of water daily unless your doctor advises otherwise.
- Helps flush the bladder and keep urine flowing freely.

Watch for These Signs - Call Your Doctor If You Notice:



Fever over (38°C)

- Chills
- Urine that is cloudy, foulsmelling, or bloody (small blood streaks are normal early on)
- Pain or burning around the catheter or in your lower abdomen
- Little or no urine in the bag
- Catheter accidentally comes out or is leaking around the tube



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