

DISCHARGE INSTRUCTIONS FOR FOLEY CATHETER

Edina Plastic Surgery, Ltd.

You are being sent home with a Foley urinary catheter. The purpose of this catheter is to continuously drain the bladder of urine. Typically, the placement of the catheter will allow you to rest and limit use of the abdominal muscles during the first post-surgical day.

Description of the Foley catheter

The catheter is a tube which has been inserted through the urethra (urinary tract) and into the bladder. The end has a small balloon filled with water for the catheter to remain in the bladder. This end also has small holes which allow urine to flow out of the bladder, through the adjoining tube and into the collection bag. Make sure the tubing isn't kinked. Keep the drainage bag below the level of your bladder.

Emptying the bag

1. Unfold the rubber drainage port from its sleeve.
2. Position the end of the port into a drainage container.
3. Unclasp the clamp attached to the rubber port and allow the urine to flow from the bag into a collection container.
4. Re-clamp the drainage port and refold into the sleeve.
5. Before disposal, please record urine amount if you have been asked to do so.
6. You may need to empty the bag every 4-8 hours or when full.

Possible Complications

Urethral irritation: Since the Foley catheter is a foreign object within the urethra, you may experience the sensation of a need to urinate. This sensation is normal and should lessen over time. Make certain that the catheter is not being pulled from the bladder. The catheter may be taped to the leg or clamped to clothing in order to prevent this from occurring.

Blockage: Try to increase the amount of fluids you drink in order that the urine doesn't become too concentrated (dark). Highly concentrated urine may result in a clogged catheter. If this occurs, or if the catheter doesn't seem to be draining the bladder or urine, please call your physicians office for further instruction.

Removal of the Foley Catheter

1. The catheter can be removed while positioned over the toilet or while sitting on an absorbent pad or towel.
2. Location the portion of the catheter with the peach rubber port.
3. Use the provided 10cc syringe to drain the port or a scissors to clip off the end of the port. Approximately 8-10cc's of water will drain and deflate the catheter's balloon.
4. Give a gentle tug and slide the catheter from the urethra. A small amount of urine may come out with the removal of the catheter.
5. There may be a small amount of blood in the urine the first time you void once the catheter has been removed. This is generally of little concern unless the bleeding continues or worsens.

Video demonstration is available at our website:

<https://www.edinaplasticsurgery.com/resources/video-demonstrations/>

If you have any concerns or problems, please do not hesitate to call for assistance:
Edina Surgery Center / Edina Plastic Surgery Clinic: (952) 925-1765 or 1-800-965-1765
Member of American Society of Plastic Surgeons

After Hours: (952) 924-8125
[www. Edinaplasticsurgery.com](http://www.Edinaplasticsurgery.com)