

Foley Catheter Care – Men

What is a Foley catheter?

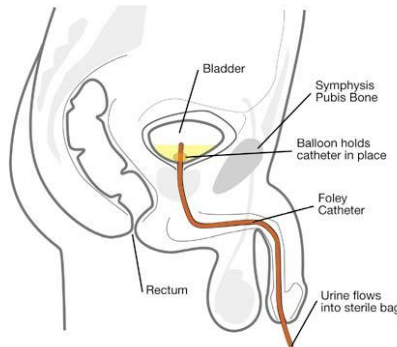


Figure 1. Foley Catheter Inserted Into Penis

A Foley catheter is a soft plastic tube inserted into the bladder to drain urine. A balloon on the end of the catheter in the bladder holds it in place. The catheter attaches to a drainage bag, which collects urine.

A long term or “indwelling” urethral catheter is left in place for days or weeks.

How to Care for Your Catheter

- Every day, clean the area where the catheter exits the body and the catheter itself. Use soap and water.
- Clean the area thoroughly after all bowel movements to prevent infection.
- Wash your hands before and after handling the drainage device to keep the outlet valve from becoming infected, Do not allow the outlet valve to touch anything. If it becomes obviously dirty, clean it with soap and water.
- You may notice a pink-colored mucus discharge at the tip of your penis. This is a normal reaction to the urethral irritation from the catheter.
- To reduce local irritation, you can apply KY Jelly® ointment around the tip of the penis, where the catheter enters, up to 4 times a day.
- Keep the drainage bag at a lower level than the bladder to prevent urine from flowing back into the bladder.
- Empty the drainage device every 8 hours and/or whenever the bag is full.

How to Clean the Drainage Bag

1. Remove the drainage bag from the catheter. Attach the catheter to a second drainage device while you are cleansing.
2. Empty the drainage bag. Rinse it with warm soapy water if necessary.
3. Hang the bag with the outlet valve open to drain and dry the bag.

Common Catheter Problems

Leaking: If you have urine leaking from the catheter where it enters the penis, use diapers or some other absorbent materials to contain the leakage. If the catheter is not draining well, lie down flat and drink a lot of water. If you go to the emergency room, do not let them remove or change the catheter without first speaking with your doctor.

Bladder Spasms: While the catheter is in the bladder, you may experience bladder spasms, often set off by bowel movements. Signs of bladder spasms include pain in the tip of your penis, urinary or bloody discharge around the insertion site of the catheter, and pain in your lower abdominal/pelvic area. To minimize spasm, avoid constipation (use stool softeners) and reduce sudden movement that may pull on the catheter. If spasms become too painful, we can prescribe medication.

Swelling or Bruising: If you have had surgery, your scrotum and penile area may swell or look bruised for 1-2 days afterwards. This is normal and it should go away after we remove the catheter. To help reduce the swelling, put a rolled-up towel underneath your scrotum whenever you are sitting or lying down.

Blood Clots in your Urine: Small blood clots are normal and go away on their own. Large clots, however, can block your catheter and cause urine to leak or your bladder to spasm. If you see any blood in your urine, drink more fluids until your urine clears up. Call us immediately if your urine stops draining completely.

When to Call the Doctor

Call your doctor immediately if you have:

- any sign of infection: **fever of 100.4°F (38°C)** or higher, chills, cough, sore throat, pain or burning upon urination; redness/tenderness along a vein, IV site, or wound
- bleeding in or around the catheter
- no urine draining from the catheter, even though you have been drinking plenty of fluids
- a lot of urine leaking around the catheter
- urine that is thick, cloudy, or has a very strong smell
- swelling where the catheter enters your body (your urethra)