

# SOUTH BAY UROLOGY MEDICAL GROUP, INC.

A DIVISION OF USSC

Joy G. Paul, MD, FRCS (C), FACS  
Garrett S. Matsunaga, MD  
Timothy Lesser, MD  
Shelby Morrisroe, MD

20911 Earl Street, Suite 140, Torrance, CA 90503  
Phone 310.542.0199  
Fax 310.542.4652  
www.SouthBayUrology.com

## Urinary Catheter Instruction Sheet

A urinary catheter - also known as a "Foley" catheter - is a flexible tube that allows urine to drain from the bladder. Foley catheters are placed for many reasons, including:

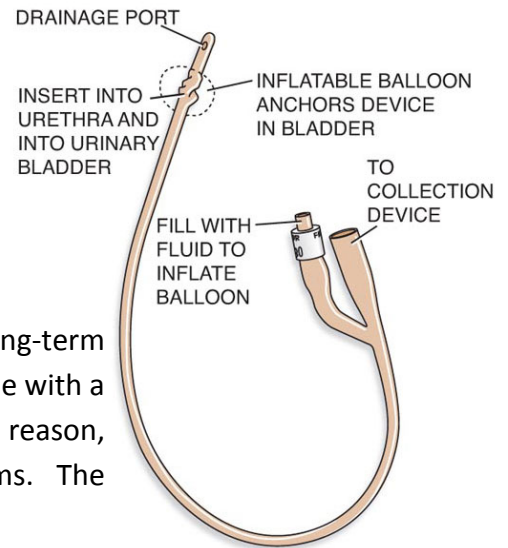
- When a patient can not urinate on his or her own
- To allow the urinary tract to heal after a surgery or test
- In order to measure how much urine a patient is producing

Catheters are most often temporary, but they are sometimes used for long-term urinary drainage. Occasionally, a patient is taught to place a catheter at home with a technique known as "clean intermittent catheterization." Whatever the reason, caring for your catheter appropriately can decrease the chance of problems. The following techniques should be used when caring for your catheter:

- Wash your hands with soap and warm water before and after touching your catheter
- Make sure the drainage tube is secured to your leg
- Do not tug or pull on catheter; be aware of the catheter with all movements
- Always keep the collection bag below the level of the bladder

Certain symptoms are common with an indwelling urinary catheter. As long as the urine is draining into the bag, these symptoms are not dangerous or concerning, and include:

- Hematuria (blood in urine): some mild bleeding in the urinary bag and/or drainage tube
- Burning or discomfort at the tip of the penis (for men) or urethra (for women)
- Bladder spasms: feeling of having to urinate with leakage of urine around the tube (*Note: if these are causing significant discomfort, please notify your doctor*)



However, the following symptoms may be a sign of something dangerous and should be reported:

- *Significant* hematuria (blood in urine) with blood clots
- Catheter not draining
- Temperature >101.5<sup>0</sup>F
- Cloudy or malodorous (foul smelling) urine
- Catheter pulled out or fell out unintentionally

**As always, please do not hesitate to contact the office if any issues or questions arise**