

# A few important words about Your Foley Catheter

Foley Catheters are put in only when necessary and should be removed as soon as possible.

*How can I take every precaution to prevent catheter-associated urinary tract infections?*

- **Ask** your healthcare provider each day if you still need your catheter
- **Make sure** your catheter tubing is secured to your leg or abdomen if possible
- **Make sure** all hospital staff wash or sanitize their hands before & after touching your catheter
- **Do not** tug, pull or twist the catheter tubing
- **Always** keep your urine drain bag below the level of your bladder or hips
- **Always** keep your urine drain bag off of the floor
- **Avoid** disconnecting the catheter from the drain tube

*For detailed information please see reverse side.*

*What is a urinary (Foley) catheter?*

- A urinary catheter is a thin tube placed in the bladder to drain urine. The urine drains through a tube into the collection bag. You may receive a urinary catheter if:
  - You are not able to urinate on your own
  - To measure the amount of urine that you make, for example, during intensive care
  - During and after some types of surgery
  - During some tests of the kidneys and bladder

*What is a "catheter-associated urinary tract infection"?*

- A urinary tract infection (also called "UTI") is an infection in the urinary system, which includes the bladder (which stores the urine) and the kidneys (which filter the blood to make urine). Germs (for example, bacteria or yeasts) do not normally live in these areas; but if germs are introduced, an infection can occur.
- If you have a urinary catheter, germs can travel along the catheter and cause an infection in your bladder or your kidney; in that case it is called a catheter-associated urinary tract infection (or "CA-UTI").

*How could I get a catheter-associated urinary tract infection (CA-UTI)?*

- If germs enter the urinary tract, they may cause an infection. Many of the germs that cause a catheter-associated urinary tract infection are common germs found in your intestines that do not usually cause an infection there. Germs can enter the urinary tract when the catheter is being put in or while the catheter remains in the bladder.

*What are the symptoms of a urinary tract infection?*

- Burning or pain in the lower abdomen (below the stomach)
- Fever
- Bloody urine may be a sign of infection, but is also caused by other problems
- Burning during urination or an increase in the frequency of urination after the catheter is removed.

**\*Notify your doctor or nurse immediately if you have any of the above symptoms**

*Can catheter-associated urinary tract infections be treated?*

- Yes, most catheter-associated urinary tract infections can be treated with antibiotics and removal or change of the catheter. Your doctor will determine which is best course of treatment for you.

If you have further questions about proper Foley Catheter care, especially if your catheter needs to remain in place when you go home, be sure to ask your doctor or nurse.

Physician Name: \_\_\_\_\_

Phone number: \_\_\_\_\_