Foley Catheter Care with Night and Leg Bags

You are going home with a catheter to help drain your bladder. You will have two types of bags. The night bag should be used for long naps and overnight. The leg bag can be used when you are up and about. The leg bag will be hidden under your pant leg.

Please follow these steps to safely take care of yourself and your bags.

**Important things to remember about both kinds of bags**

- Always keep the bags hanging below the level of your bladder or pelvis so the urine can drain into the bag.
- Check the tubing for kinks that can stop the flow of urine into the bag.
- Wash your hands well before and after touching the catheter.
- Wipe all tubing and catheter connections with an alcohol wipe before taking apart and before reconnecting. Always wipe from the part you want the cleanest (tip of the connection) to the dirtiest part (farther down the tubing).
- Check the amount and color of the urine. You want to make sure your bladder is being emptied and that the color of the urine is normal.
- Stay hydrated. Drink a lot of fluids – 6 to 8 glasses – each day unless told otherwise.

**Items you will need at home to change your bags**

- Leg bag and night bag
- Clean small covered containers
- Alcohol wipes
- White vinegar
- 70% alcohol (Isopropyl or “rubbing”)
- Draining bag caps
- Measuring cup for vinegar

**Changing from a night bag to a leg bag**

Follow these steps to safely change your bag:
- Wash your hands.
- Sit on the edge of a bed or large chair.
- Place a clean towel under the catheter.
- Wipe all connections with an alcohol wipe before disconnecting the tubing.
- Take the cap off a clean leg bag. Wipe from the opening of the tube tip and away.
- Place the leg bag on the clean towel.
- Pinch the catheter tubing to stop the flow of urine for the time being.
- Separate the catheter from the night drainage bag using a twisting motion. Wipe the end of the catheter with an alcohol wipe, moving away from the end of the opening.
- Attach the catheter to the leg bag. Secure the tube to the outside of your thigh and the bag to your calf. Be sure the bag is on correctly.
- Adjust the straps so they are comfortable and not too tight.
- Secure the catheter to your thigh. Make sure you have a little slack to prevent the catheter from pulling when you move.
- Wash your hands.
- Always keep the drainage bag below the level of your bladder.
- Empty the night bag using the same procedure as the leg bag described below.

**Changing from a leg bag to a night bag**

Use the same steps as described above to change from a night bag to a leg bag.

**Empty the leg bag when it is one third to half full**

Follow these steps to safely empty your leg bag.
- Wash your hands.
- Place the bottom of the bag over the toilet or over an open container.
- Open the clamp or cap on the bottom of the bag.
- Drain the urine into the toilet or container.
- Wipe the connections with an alcohol wipe.
- Close the clamp or cap.
- Do not touch the drain port with your fingers.
- Wash your hands.
Care of your caps and bags
In separate clean containers soak your caps in 70% alcohol for 10 minutes. Store your clean caps in clean covered containers.

To safely clean your night and leg bags follow these steps:
• Fill the empty leg bag with ¼ cup vinegar and ¾ cup water. For the night bag use ½ cup vinegar and 1½ cups water. This will make a 1:3 vinegar solution.
• Place a clean cap over the tip of the tubing.
• Shake the bag so the vinegar solution comes in contact with all surfaces of the bag.
• Clean the outside of the bag with alcohol.
• Soak and store vinegar filled bags flat for 20 – 30 minutes. Rinse the bag with water after it has soaked. Do not reuse the vinegar.
• If you are not going to use the bag right away air dry the bag until ready to use.

Your personal care
Men: Clean your penis daily with soap and water, and then dry. Clean from the tip of your penis toward your stomach.
Women: Clean your labia daily with soap and water, and then dry. Clean from the front of your labia toward the back.

When to call your doctor
Please call your doctor if any of the following things occur:
• Leaking of urine around the catheter, with no urine going into the bag
• A small amount of urine is collected in the bag – less than 30 cc (1 ounce) an hour for 3 hours
• Pain or fullness in the lower abdomen area that feels like a full bladder
• Temperature of 101°F or higher
• Any other problems or concerns

Never try to remove the catheter yourself.