



How to Remove a Foley Catheter

Please watch the following YouTube link:

Male: https://www.youtube.com/watch?v=bRyms_hINEw

Female: <https://www.youtube.com/watch?v=AbzDwdZrVo>

About this topic

Your Foley catheter is a thin, flexible tube that drains urine from your bladder. It is kept in place by a small balloon filled with fluid that sits inside your bladder. Your doctor may put in a Foley catheter for many reasons including:

- To help you heal after surgery
- Difficulty emptying your bladder
- Kidney swelling or kidney failure
- Blood in your urine
- Bladder or kidney infection

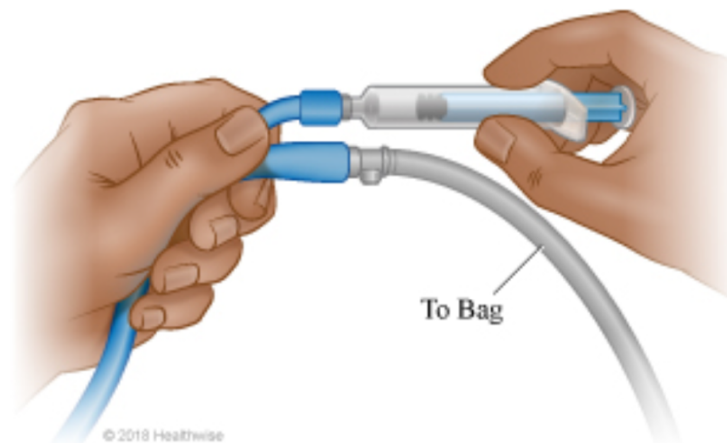
Why is this procedure done?

Your doctor may ask you to take out your Foley catheter. It is important to take your catheter out safely to help lower the chance for injury or infection. You need to remove the fluid in the balloon before you take the catheter out. **Make preparations to remove your catheter early in the morning on the date recommended to you by your doctor.**

What happens during the procedure?

- Wash your hands and gather your supplies. You will need an empty syringe, a towel, and a trash can.
- Empty the drainage bag.
- Wash your hands.

- Get in a comfortable position. Some people lie on their back with their knees bent. Others find it more comfortable to stand.
- Place a towel under the catheter.
- Remove tape or whatever is securing the catheter to the skin.
- Put the syringe on the balloon port of the catheter. This is the small port that is not joined to the drainage bag.
- The syringe should begin to fill with fluid from the balloon. You may need to lower the syringe to get the fluid to drain. If not, **gently** pull back on the syringe.
- If the syringe fills up with fluid, empty it and reattach it to the port. This will help make sure that all the fluid is out of the balloon.
- Depending on the indication for the catheter, there may be between **10 to 40 milliliters** of fluid in the balloon.



- You may need to do this process a couple of times until all the fluid is out of the balloon.
- Relax and take deep breaths.
- Gently and slowly, pull the catheter out. If you meet any resistance, stop and call the doctor.

What happens after the procedure?

- Throw away the catheter, drainage bag, and syringe.
- Use the towel to clean any spilled urine.
- Wash your hands.

How to care for yourself after Foley catheter removal

- Hydrate
- Urinate
- Be prepared for some discomfort
- Try a warm bath

Drink extra fluids for a little while, unless your doctor tells you not to.

Urinate as you did before you had the catheter. Your doctor may want to measure the amount of urine to make sure that your bladder is working as it should.

It may burn a little bit and you may see a small amount of blood in your urine the first few times you urinate after removal.

If it's hard for you to urinate, try sitting in 5 to 10 centimetres of warm water in the bath (sitz bath). If the urge to urinate comes during the sitz bath, it may be easier for you to urinate while you're still in the bath.

What problems could happen?

- You meet resistance when you try to gently remove the catheter.
- You are not able to drain the fluid from the balloon.
- Significant blood in your urine after removal. A small amount is normal.
- Infection.
- Pain or burning when you pass urine.
- The catheter will need to be put back in if you are not able to pass urine on your own.

When do I need to call the doctor?

- The catheter is stuck or if there is pain as you are taking it out.
- The catheter looks broken after you take it out.
- Signs of infection like a fever of 100.4°F (38°C) or higher, chills, pain with passing urine
- Urine has significant blood in it, is dark or coffee colored, has bits of tissue or other objects in it, or is pus-like
- Not able to pass urine within 8 hours after you take out the catheter
- Burning or painful feeling in your bladder