

Care of a Foley Catheter

A Foley catheter is a tube that is put into the bladder to drain urine out of the body. A Foley catheter can stay in the bladder for hours or weeks.

Having the catheter put in

1. You will be asked to lie down.
2. The nurse will clean the skin around the opening where urine comes out of your body.
3. The catheter is put into the opening and gently pushed into your bladder.
4. When the catheter reaches the bladder, a small balloon at the tip is filled with sterile water. The balloon holds the catheter in place to keep it from coming out of the bladder.
5. The catheter is connected to a bag that will collect your urine.
6. The bag is attached to your bed or clothing.

Care while you have the catheter

- Wash your hands with soap and water before and after caring for your catheter.
- Clean the skin around the catheter each day and after every bowel movement. **Always wash away from where the catheter enters the body.**
 - ▶ Females should always wash from their front to the back.
 - ▶ Males should always wash from the tip of the penis down and to their backside.
- Keep the urine bag below waist level to prevent urine from flowing back into your bladder from the tubing and urine bag. Backflow of urine can cause an infection.

Foley 氏导尿管护理

Foley 氏导尿管（气囊导尿管）是一种用于插入膀胱内以从体内导出尿液的导管。该导尿管可在膀胱内留置数小时或数周。

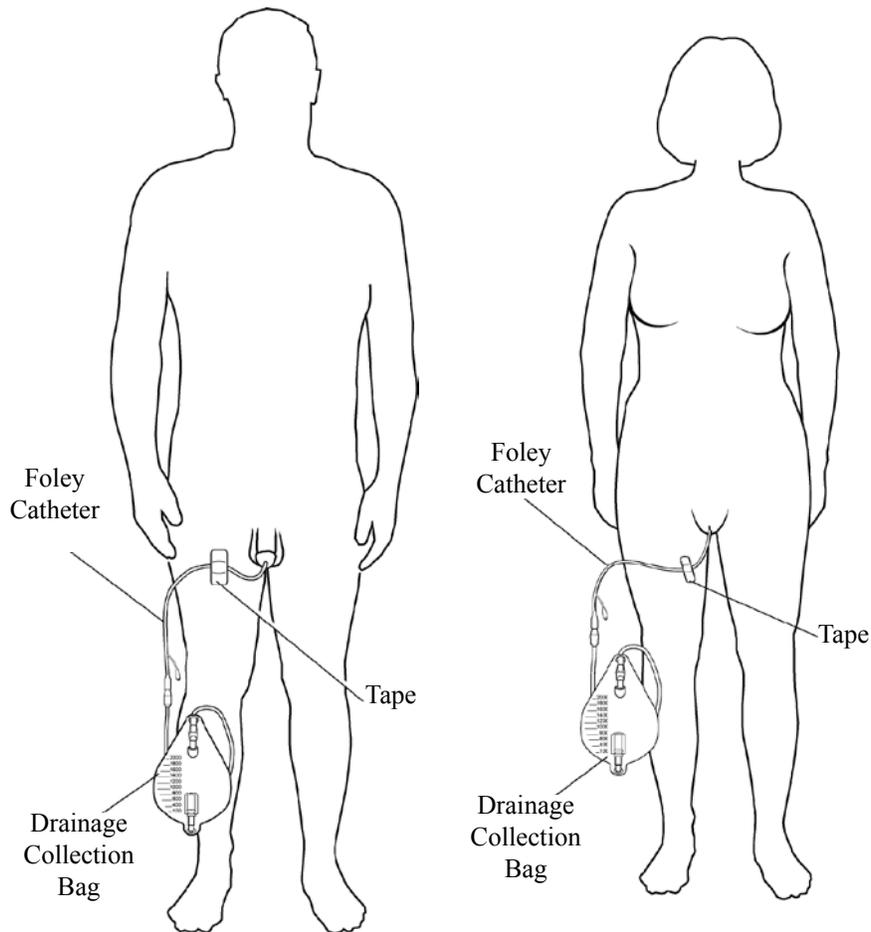
插入导尿管

1. 您会被要求躺在床上。
2. 护士将清洁尿道口旁边的皮肤。
3. 导尿管从尿道口插入，并被轻轻地推入膀胱。
4. 在导尿管进入膀胱后，用无菌水注满导尿管尖端的小气囊。该气囊将导尿管固定以免从膀胱脱出。
5. 将该导尿管与尿液收集袋连接。
6. 此袋可夹于床旁或衣服上。

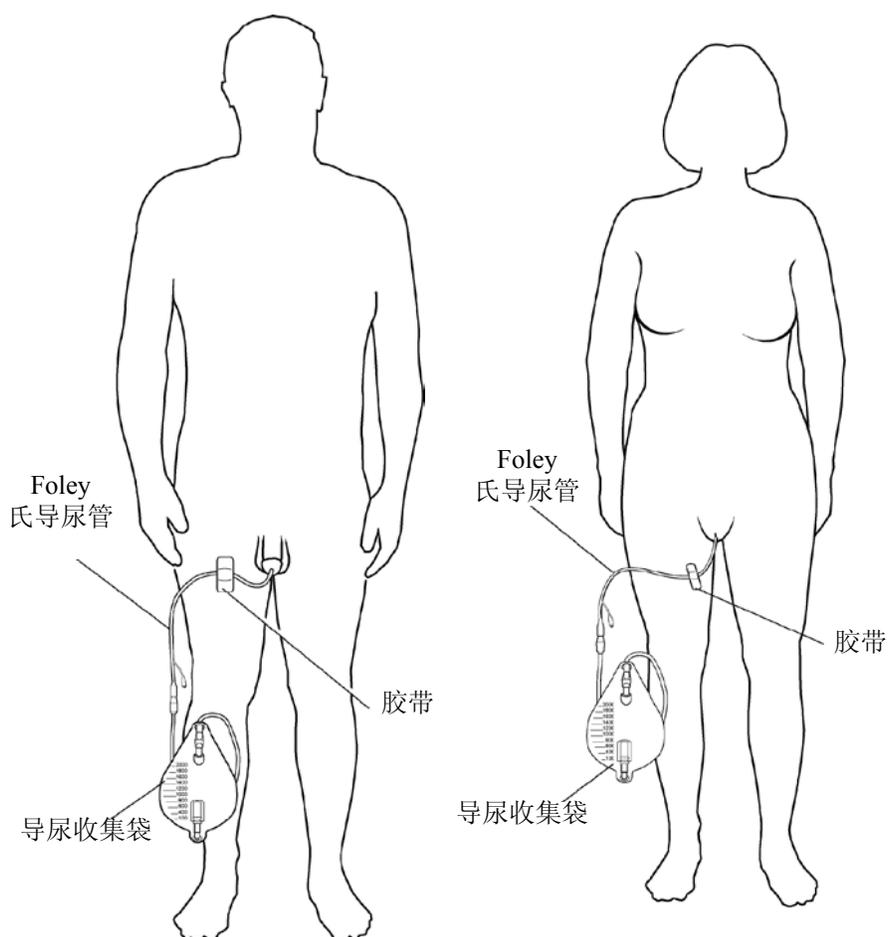
导尿管留置期间的护理

- 在护理导尿管前后，请用肥皂和清水洗手。
- 每天及每次排便后清洁导尿管旁边的皮肤。**务必从导尿管入体内的部位开始清洗。**
 - ▶ 对于女性病人，应从前往后清洗。
 - ▶ 对于男性病人，应从阴茎头端往下清洗，并且到阴茎背面。
- 尿袋的位置应低于腰部水平，以防止尿液从导管和尿袋中逆流到膀胱内。尿液逆流会造成感染。

- Wear **cotton underwear** to allow for air flow and drying in your genital area. Boxer shorts are often more comfortable to wear for both men and women.
- Drink at least 8 glasses of water or other liquids each day. Avoid drinks with caffeine, such as tea, coffee and colas.
- Do not pull on the tubing. Do not step on the tubing when walking. You may want to clip or pin the tubing to your clothing. Make sure the safety pin goes around the catheter and not through it.
- Be sure to keep the bag below waist level. When getting into bed, hang the urine bag beside the bed or on the frame of the bed.
- Keep the tubing free of kinks or loops.
- Only take the catheter and tubing apart to change the urine bag.



- 穿**棉质内裤**以保持外阴部位透气和干燥。对于男性和女性病人，穿平角短裤通常会更舒适。
- 每天至少喝 8 杯水或其它液体。不要喝含咖啡因的饮料，如茶、咖啡和可乐。
- 请勿拉拽导管。注意不要在走路时踩到导管。您可能需要将导管夹在或用针固定在衣服上。确保安全别针在导尿管的外面，而不是穿入其中。
- 务必使尿袋的位置低于腰部水平。在上床之前，请将尿袋挂在床旁或床架上。
- 避免使导管扭结或打结。
- 只有将导尿管与导管拆分后，才能更换尿袋。



How to clean around your catheter

1. Wash your hands with soap and water.
2. Clean the skin near the catheter. Take a clean washcloth and moisten with warm water and soap. Gently wash around your urinary opening.
3. Hold the end of the catheter to keep it from being pulled. Wash around the catheter to remove any blood, crust or mucus, cleaning from near the body down the catheter. Never clean the catheter towards your body because it may increase your chances of getting an infection.
4. Wash the area around your anus with a clean washcloth and warm water.
5. Rinse using another clean washcloth moistened with warm water.
6. Pat the genital area dry with a clean towel.
7. Tape the catheter to your body to prevent it from being pulled out. Make sure there is enough tubing so the catheter will not be pulled when you move your leg.
 - ▶ Women should tape the catheter to the upper leg.
 - ▶ Men should tape the catheter to the lower abdomen or high on the leg so the catheter does not pull the penis downward.

Measuring the urine from your urine bag

Empty the urine bag when it is $\frac{2}{3}$ full or at least every 8 hours.

1. If you are to record the amount of urine, place a measuring container on the floor next to you. If you are not to keep a record of the amount, you can empty the urine into the toilet.
2. Remove the drain spout from its holder on the bottom of the urine bag without touching its tip. Open the clamp on the spout.
3. Let the urine flow out of the urine bag into the container or toilet. Do not let the drain tube touch anything.
4. When the bag is empty, clean the end of the drain spout with water and tissue. Close the clamp and put the drain spout into its holder at the bottom of the urine bag.

导尿管外周清洁方法

1. 用肥皂和清水洗手。
2. 清洁导尿管附近的皮肤。取一块干净的毛巾，并用温水和肥皂浸湿。轻轻地清洗尿道口周围。
3. 握住导尿管末端以防止牵拉。清洗导尿管外周以除去所有的血渍、硬皮或粘液，并从靠身体处开始沿导尿管向下清洗。切勿沿从身体远端到近端的方向清洗导尿管，否则可能增加感染机会。
4. 用干净的毛巾和温水清洗肛门周围。
5. 另取一块干净毛巾并用温水浸湿，以进行清洗。
6. 用一块干净的浴巾将外阴部位轻轻拍干。
7. 用胶带将导尿管固定在身体上，以防止拉出。确保导管足够长，而不会在移动腿时拉拽导尿管。
 - ▶ 对于女性病人，应该用胶带将导尿管固定在大腿上。
 - ▶ 对于男性病人，应该用胶带将导尿管固定在小腹或大腿根部，以防止导尿管将阴茎向下牵拉。

测量尿袋中的尿液量

请在尿液量达到尿袋的三分之二容量时倒空尿袋，或至少每 8 小时倒空一次。

1. 如果您打算记录尿量，请将测量容器在身旁的地板上。如果您不打算记录尿量，可将尿液倒入卫生间。
2. 从尿袋底部的固定装置上拔下导尿管口，不要触碰管口顶部。松开此管口上的夹子。
3. 让尿液从尿袋流出到容器中，或将尿液倒入卫生间。不要让导尿管碰到任何物体。
4. 在倒空尿袋后，用清水和纸巾清洁导尿管口的末端。闭合夹子，并将导尿管口放回尿袋底部的固定装置中。

5. If you are to measure the amount, record how much urine is in the container. Empty the measuring container into the toilet. Rinse the container with clean water.

Changing and cleaning your urine bag

1. Get a new or clean urine bag with tubing.
2. Put a clamp on the catheter tubing near the end that connects to the urine bag tube.
3. Remove the catheter from the tubing to the old bag.
4. Clean the ends of the new bag tubing and catheter with alcohol before putting them back together.
5. Connect the catheter to the new bag.
6. Open the clamp on the catheter tubing.
7. Rinse the old bag with warm water.
8. Fill the bag with 2 parts white vinegar to 3 parts tap water. Leave the water and vinegar mixture in the bag for at least 20 minutes. You may use chlorine bleach instead of the vinegar.
9. Empty and rinse the bag. Hang it upside down and let it air dry.
10. When the bag is dry, store it in a clean plastic bag until you are ready to use it again.

Removing your catheter

Your doctor or nurse will remove your catheter when it is no longer needed. A syringe will be used to remove the water from the balloon inside your bladder. The catheter will then be gently pulled out.

Problem Solving

- If your catheter is not draining:
 - ▶ Check to see if the tubing is twisted or bent.
 - ▶ See if you are lying on the catheter or tubing.

5. 如果您准备测量尿量，请记录容器内的尿液量。然后将测量容器内的尿液全部倒入卫生间。用清水冲洗容器。

更换和清洁尿袋

1. 取一个新的或干净的带导管的尿袋。
2. 在导尿管导管上，让夹子靠近与尿袋导管相连的一端。
3. 将导尿管与已用过的尿袋的导管分开。
4. 用酒精清洁新尿袋导管的末端及导尿管，然后将它们重新连接。
5. 将导尿管与新尿袋连接。
6. 松开导尿管导管上的夹子。
7. 用温水冲洗用过的尿袋。
8. 将白醋与自来水的混合物（按 2:3 比例混合）灌入此袋。将该混合物在此袋内至少放置 20 分钟。可以用含氯漂白剂替代白醋。
9. 倒空此袋，并进行冲洗。然后倒挂并晾干。
10. 在此袋晾干后，将它存放在干净的塑料袋内以备下次使用。

取出导尿管

医生或护士会在无需再使用导尿管时将它取出。首先会用注射器抽出位于膀胱内的气囊中的水。然后轻轻地拉出导尿管。

问题排解

- 如果导尿管中无尿液流出：
 - ▶ 检查以了解导管是否扭曲或折弯。
 - ▶ 查看您是否躺压在导尿管或导管上。

- ▶ Make sure the urine bag is below waist level.
- If your catheter comes out or is leaking:
 - ▶ Place a towel or waterproof pad under you.
 - ▶ Do not try to put the catheter back in.

Call your doctor or nurse right away if:

- Your catheter comes out or is leaking.
- Your urine changes to be thick or more cloudy, or there is more mucus or blood in it.
- Your urine has a strong, foul odor.
- No urine has drained from your catheter in 6 to 8 hours.
- You have pain or burning near the catheter or in your bladder, abdomen or lower back.
- You have shaking or chills or your temperature is over 100.5 degrees F or 38 degrees C.

Talk to your doctor or nurse if you have any questions or concerns.

- ▶ 确保尿袋的位置低于腰部水平。
- 如果导尿管脱出或漏液：
 - ▶ 将一块浴巾或防水垫放在您的身下。
 - ▶ 不要尝试将导尿管放回原位。

如果出现下列情况，请立即给医生或护士打电话：

- 导尿管脱出或漏液。
- 尿液变得浓稠或更混浊，或是尿液中有更多粘液或血液。
- 尿液带有浓烈的臭味。
- 在 6 到 8 小时内导尿管中无尿液流出。
- 导尿管周围或是膀胱内、腹部或下腰出现疼痛或烧灼痛。
- 出现寒战或发冷，或者体温超过 100.5 °F (38 °C)。

如有任何疑问或担心，请告知医生或护士。

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Care of a Foley Catheter. Simplified Chinese.