

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 氏導尿管護理

Foley 氏導尿管（氣囊導尿管）是一種用於插入膀胱內以從體內導引出尿液的導管。該導尿管可在膀胱內留置數小時或數週。

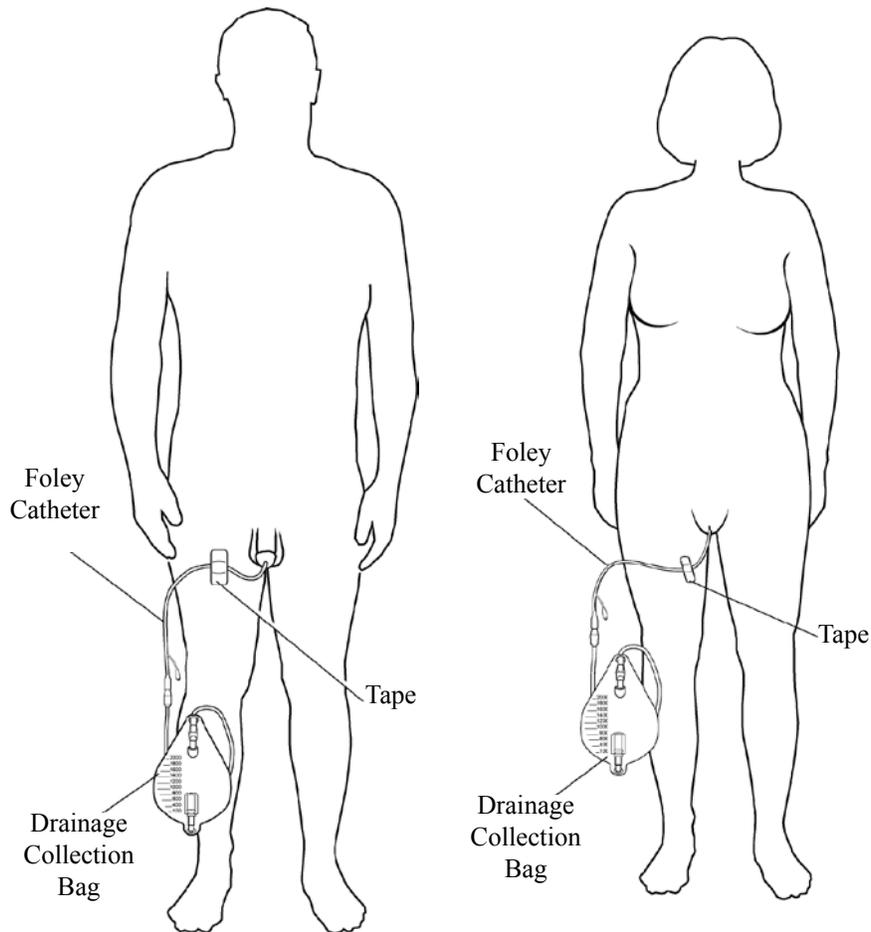
插入導尿管

1. 會要求您躺在床上。
2. 護士將清潔尿道口旁邊的皮膚。
3. 將導尿管從尿道口插入，並被輕輕地推入膀胱。
4. 在導尿管進入膀胱後，用無菌水注滿導尿管尖端的小氣囊。該氣囊將導尿管固定以免從膀胱脫出。
5. 將該導尿管與尿液收集袋連接。
6. 此袋可夾於床旁或衣服上。

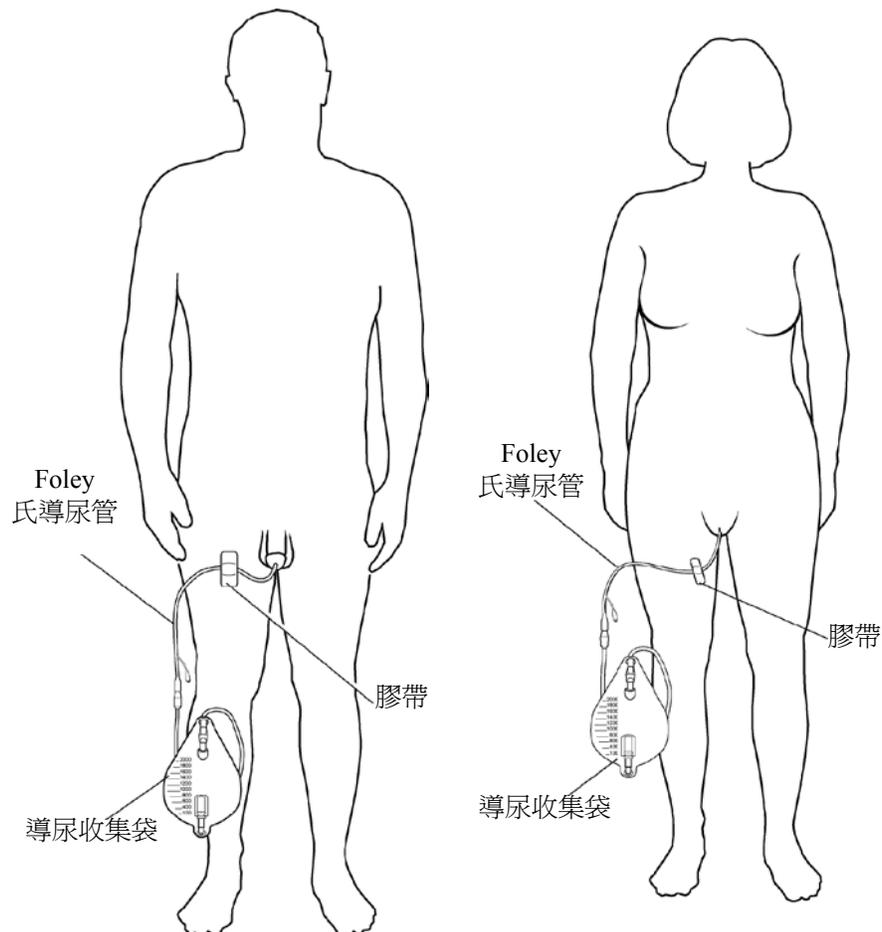
導尿管留置期間的護理

- 在護理導尿管前後，請用肥皂和清水洗手。
- 每天及每次排便後清潔導尿管旁邊的皮膚。**務必從導尿管入體內的部位開始清洗。**
 - ▶ 對於女性病人，應從前往後清洗。
 - ▶ 對於男性病人，應從陰莖頭端往下清洗，並且到陰莖背面。
- 尿袋的位置應低於腰部，以防止尿液從導管和尿袋中逆流到膀胱內。尿液逆流會造成感染。

- 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**棉質內褲**以保持外陰部位透氣和乾燥。對於男性和女性病人，穿四角內褲通常會更舒適。
- 每天至少喝 8 杯水或其他液體。不要喝含咖啡因的飲料，如茶、咖啡和可樂。
- 請勿拉導管。注意不要在走路時踩到導管。您可能需要將導管夾在或用針固定在衣服上。確保安全別針在導尿管的外面，而不是穿入其中。
- 務必使尿袋的位置低於腰部。在上床之前，請將尿袋掛在床旁或床架上。
- 避免使導管扭結或打結。
- 只有將導尿管與導管拆分後才能更換尿袋。



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.

導尿管外的清潔方法

1. 用肥皂和清水洗手。
2. 清潔導尿管附近的皮膚。取一塊乾淨的毛巾，並用溫水和肥皂浸濕。輕輕地清洗尿道口周圍。
3. 握住導尿管末端以防止牽拉。清洗導尿管外周以除去所有的血漬、硬皮或粘液，並從靠身體處開始沿導尿管向下清洗。切勿沿從身體遠端到近端的方向清洗導尿管，否則可能增加感染機會。
4. 用乾淨的毛巾和溫水清洗肛門周圍。
5. 另取一塊乾淨毛巾並用溫水浸濕，以進行清洗。
6. 用一塊乾淨的浴巾將外陰部位輕輕拍乾。
7. 用膠帶將導尿管固定在身體上，以防止拉出。確保導管足夠長，而不會在移動腿時拉拽導尿管。
 - ▶ 對於女性病人，應該用膠帶將導尿管固定在大腿上。
 - ▶ 對於男性病人，應該用膠帶將導尿管固定在小腹或大腿根部，以防止導尿管將陰莖向下牽拉。

測量尿袋中的尿液量

請在尿液量達到尿袋的三分之二容量時倒空尿袋，或至少每 8 小時倒空一次。

1. 如果您打算記錄尿量，請將測量容器在身旁的地板上。如果您不打算記錄尿量，可將尿液倒入洗手間。
2. 從尿袋底部的固定裝置上拔下導尿管口，不要觸碰管口頂部。鬆開此管口上的夾子。
3. 讓尿液從尿袋流出到容器中，或將尿液倒入洗手間。不要讓導尿管碰到任何物體。
4. 在倒空尿袋後，用清水和紙巾清潔導尿管口的末端。閉合夾子，並將導尿管口放回尿袋底部的固定裝置中。

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. 如果您準備測量尿量，請記錄容器內的尿液量。然後將測量容器內的尿液全部倒入洗手間。並用清水沖洗容器。

更換和清潔尿袋

1. 取一個新的或乾淨的帶導管的尿袋。
2. 在導尿管導管上，讓夾子靠近與尿袋導管相連的一端。
3. 將導尿管與已用過的尿袋的導管分開。
4. 用酒精清潔新尿袋導管的末端及導尿管，然後將它們重新連接。
5. 將導尿管與新尿袋連接。
6. 鬆開導尿管導管上的夾子。
7. 用溫水沖洗用過的尿袋。
8. 將白醋與自來水的混合物（按 2:3 比例混合）灌入此袋。將該混合物在此袋內至少放置 20 分鐘。可以用含氯漂白劑替代白醋。
9. 倒空此袋，並進行沖洗。然後倒掛並晾乾。
10. 在此袋晾乾後，將它存放在乾淨的塑膠袋內以備下次使用。

取出導尿管

醫生或護士會在無需再使用導尿管時將它取出。首先會用注射器抽出位於膀胱內的氣囊中的水。然後輕輕地拉出導尿管。

問題排解

- 如果導尿管中無尿液流出：
 - ▶ 檢查以瞭解導管是否扭曲或折彎。
 - ▶ 查看您是否騎壓在導尿管或導管上。

- ▶ 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.

- ▶ 確保尿袋的位置低於腰部。
- 如果導尿管脫出或漏液：
 - ▶ 將一塊浴巾或防水墊放在您的身下。
 - ▶ 不要嘗試將導尿管放回原位。

如果出現下列情況，請立即打電話給醫生或護士：

- 導尿管脫出或漏液。
- 尿液變得濃稠或更混濁，或是尿液中有更多粘液或血液。
- 尿液帶有濃烈的臭味。
- 在 6 到 8 小時內導尿管中無尿液流出。
- 導尿管周圍或是膀胱內、腹部或下腰出現疼痛或燒灼痛。
- 出現寒顫或發冷，或者體溫超過 100.5 °F (38 °C)。

如有任何疑問或擔心，請告知醫生或護士。

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Care of a Foley Catheter. Traditional Chinese.