

# 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.

# Daryeelidda Kateetarka Foley

Kateetarka Foley waa tubbo la geliyo kaadi haysta si kaadida jidhka looga soo saaro. Kateetarka foley wuxuu ku jiri karaa kaadi haysta saacado ama toddobaadyo.

## Kateetarka oo lagu gelinayo

1. Waxaa lagu weydiin doonaa inaad seexato.
2. Kalkaalisada ayaa nadiifin doonta maqaarka ku xeeran daloolka meesha ay kaadidu kaga soo baxdo jidhkaaga.
3. Kateetarka ayaa la gelinayaa daloolka ka dibna si tartiib ah loogu riixayaa kaadi haystaada.
4. Marka uu kateetarku gaaro kaadi haysta, buufin yar oo meesha ugu sarreysa ku yaalla ayaa biyo nadiif ah laga buuxinayaa. Buufinku kateetarka ayuu meesha ku haynayaa kana celinayaa inuu dibedda kaadi haysta uga soo baxo.
5. Kateetarka waxaa lagu xirayaa bac soo ururineysa kaadidaada.
6. Bacda waxaa lagu sii xirayaa sariirtaada ama dharkaaga.

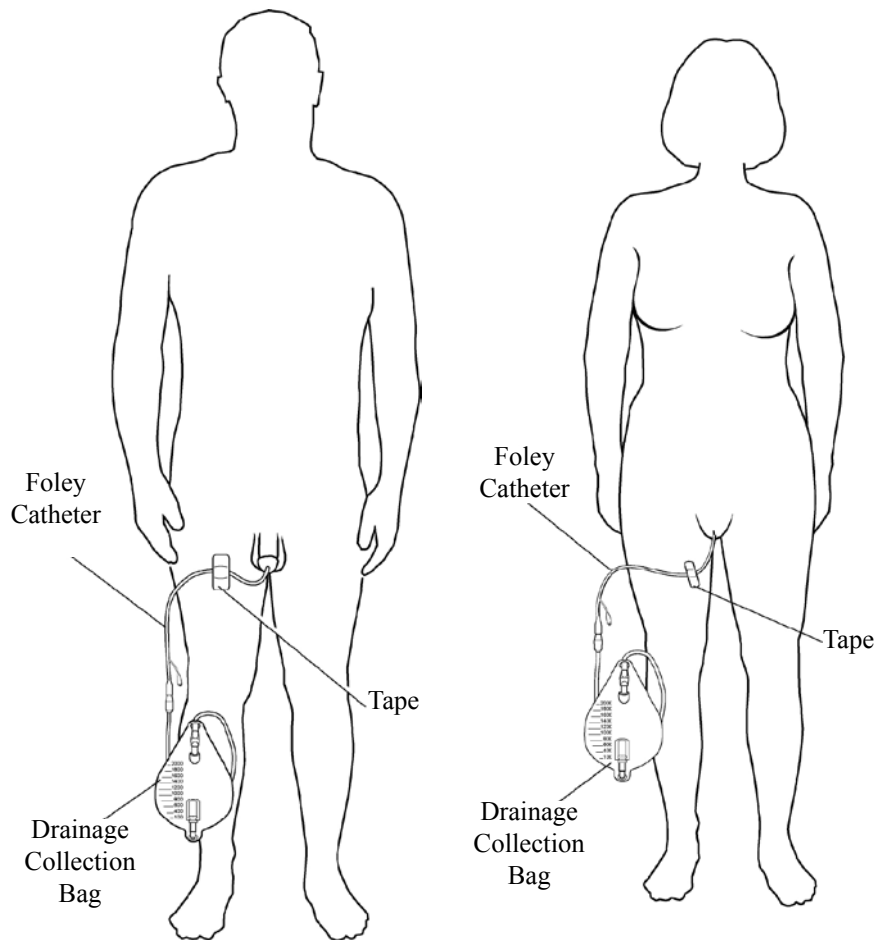
## Daryeelka inta uu kateetarku kugu jiro

- Gacmaha saabbuun iyo biyo isaga dhaq markaad kateetarka hawl ka qabato ka hor iyo ka dib.
- Nadiifi maqaarka ku xeeran kateetarka maalin kasta iyo ka dib saxaro kasta. **Markasta dhiqista ka sii jeedi meesha dhuuntu ama kateetarku ka galayo jidhka.**
  - ▶ Haweenku waa inay markasta dhiqista ka bilaabaan xagga hore oo u sii wadaan xagga dambe.
  - ▶ Raggu waa inay markasta dhiqista ka bilaabaan caarada guska ilaa iyo dhabarkooda.

- 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.
- 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.

- Bacda kaadida ku xafid meel ka hooseysa sinaha si aad uga dhowrto in kaadidu dib ugu soo noqoto kaadi haysta oo ka soo noqoto bacda kaadida iyo tubbada. Dib u soo noqoshada kaadidu waxay keeni kartaa cudur/caabuq.
- **Xidho nigis suuf ah** si aad u oggolaatid hawo isu socota oo engejisa cawradaada. Suurwaalka gaaban ee hoosta laga xidho ayaa badanaa u raaxo badan ragga iyo haweenka labadaba.
- Cab ugu yaraan 8 koob oo biyo ah ama cabitaanno ah maalin kasta. Ka fogow cabitaannada kafeyiinta leh, sida shaaha, qaxwada iyo koollooyinka.
- Tubbada ha soo jiidin. Ha ku istaagin tubbada marka aad soconeysid. Waxaa laga yaabaa in aad dooneysid qabato ama biin inaad tubbada kula xirto dharkaaga. Xaqiiji in biinka ammaanku uu maro kateetarka dhinacyadiisa ee uusan dhex marin.
- Xaqiiji in aad bacda ku hayso heer ka hooseeya sinaha. Marka aad sariirta aadayso, sur bacda kaadida sariirta dhinaceeda ama geeska sariirta.
- Tubbada ka ilaali laalaab ama wareeg.

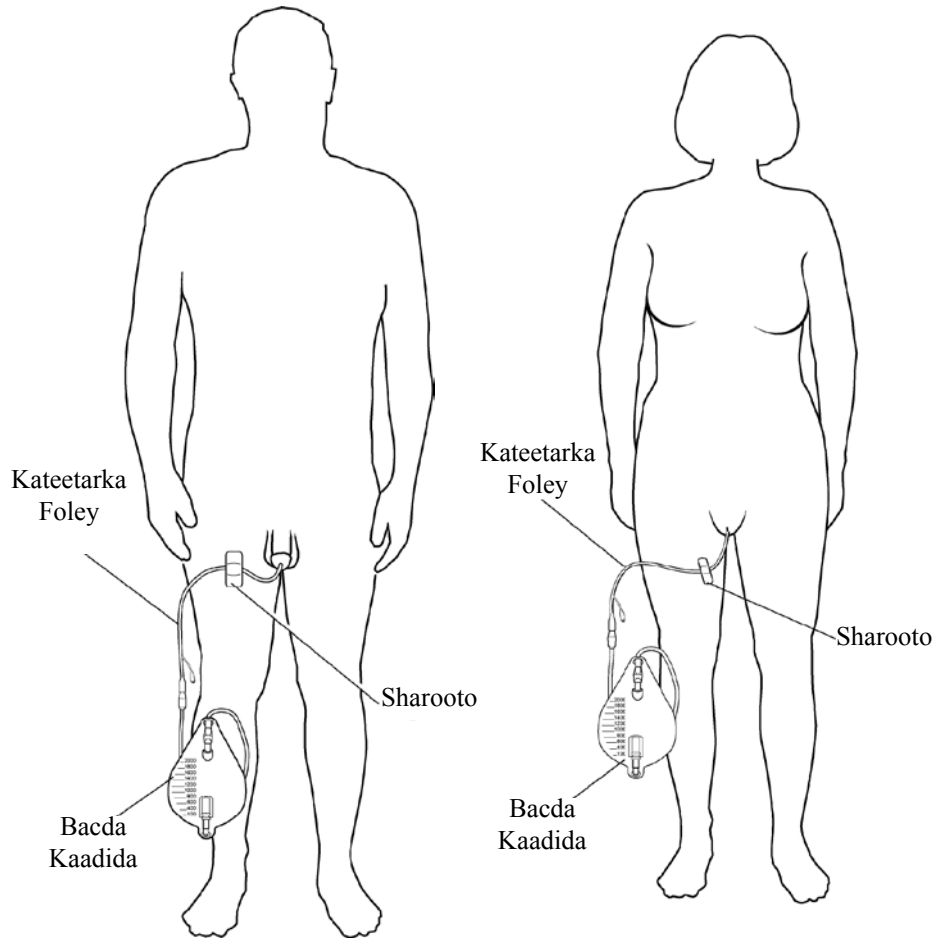
- Only take the catheter and tubing apart to change the urine bag.



## **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.

- Kala saar kateetarka iyo tubbada keliya si aad u beddeshid bacda kaadida.



### **Sidee loo nadiifiyaa meelaha ku xeeran kateetarka**

1. Gacmaha biyo iyo saabbuun isaga dhaq.
2. Nadiifi maqaarka u dhow kateetarka. Qaado dhar wax lagu dhaqo oo nadiif ah ka dibna ku qoy biyo diirran iyo saabbuun. Si tartiib ah u dhaq meelaha ku xeeran daloolka ay kaadidu ka soo baxdo.
3. Qabo dhammaadka kateetarka si aad uga ilaaliso inuu soo jiidmo. Dhaq meelaha ku xeeran kateetarka si aad meesha uga saarto wixii dhiig ah, qolof ama dheecaan, adiga oo nadiifinta hoos uga sii wadaya dhuunta ama kateetarka. Marna nadiifinta dhuunta ha u sii wadin xagga sare ee jidhkaaga sababta oo ah waxa kordhi kara suurtoogalka inuu kugu dhaco caabuq.
4. Meelaha ku xeeran futada ku dhaq dharka wax lagu dhaqo iyo biyo diirran.

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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.
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.

5. Sii dhaqdhaq adiga oo isticmaalaya marada dhiqista oo lagu qooyay biyo diiran.
6. Cawrada ku engeji tuwaal nadiif ah.
7. Kateetarka sharooto kula dheji meel sare oo jidhkaaga ah si aad uga ilaaliso inuu soo siibmo. Xaqiiji iney jirto tubbo gelin ku filan si markaas kateetarku uusan u siibannin markaad lugta dhaqaajiso.
  - ▶ Waa in haweenku dhuunta sharooto ama dhejis kula dhejiyaan xagga sare ee lugtooda.
  - ▶ Waa in ragga dhuunta sharooto ama dhejis kula dhejiyaan xagga hoose ee caloosha ama xagga sare ee lugta si aan dhuunta guska u jiidin xagga hoose.

### **Cabbiridda kaadida laga soo qaatay bacda kaadida**

Bannee bacda kaadida marka ay soo gaarto  $\frac{2}{3}$  ama ugu yaraan 8-deedii saacadoodba mar.

1. Haddii ay tahay in aad diiwaan geliso xaddiga kaadida, weel wax lagu cabbiro dhig dhulka kugu xiga. Haddii ay tahay inaadan diiwaan gelinnin xaddiga, waxaad kaadida ku banneyn kartaa musqusha.
2. Dareerka ka saar meesha ugu hooseysa ee bacda kaadida adigoon taabannin meesheeda ugu sarreysa. Fur isu hayaha dareerka.
3. Kaadida bacda dibedda uga soo saar kuna shub weelka ama musqusha. Tubbada ay ka dareereyso yeysan meelna taabannin.
4. Marka ay bacdu madhato, dhammaadka dareerku ka soo baxay ku nadiifi biyo iyo warqad wejiga la isaga tiro. Isu hayaha xir ka dibna kaadi saaraha geli celiyihiisii ku yaallay meesha ugu hooseysa bacda kaadida.
5. Haddii ay tahay in aad cabbirto xaddiga kaadida, diiwaan geli inta kaadi ah ee weelka ku jirta. Weelka cabbiridda ku bannee musqusha. Weelka biyo nadiif ah raaci.



## **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.

## **Beddelidda iyo nadiifinta bacdaada kaadida**

1. Soo qaado bac kaadi oo cusub oo nadiif ah oo tubbo gelin leh.
2. Isu-hayaha geli tubbada kateetarka ee u dhow dhammaadka ee ku xirta tubbada bacda kaadida.
3. Kateetarka ka soo saar tubbada baddii hore.
4. Dhammaadyada tubbada bacda cusub iyo kateetarka ku nadiifi aalkolo ka hor inta aadan dib isu gelin.
5. Kateetarka ku xir bacda cusub.
6. Fur isu-hayaha ku xiran tubbada kateetarka.
7. Biyo diirran raaci baddii hore.
8. Bacda ka buuxi 2 qaybood oo khal cad ah ilaa 3 qaybood oo biyaha tubbada ah. Milanka khasha iyo biyaha ku dhaaf bacda ugu yaraan 20 daqiiqadood. Waxaad isticmaali kartaa midab tiraha koloriinta halkii khalka aad ka isticmaali lahayd.
9. Bacda bannee oo biyo raaci. Meel sur oo soo foorari una daa in hawadu engejiso.
10. Marka ay bacdu engegto, ku kaydi bac balaastik ah oo nadiif ah ilaa aad diyaar uga noqoto inaad mar kale isticmaasho.

## **Iska saaridda kateetarka**

Takhtarkaaga ama kalkaalisada ayaa kaa saari doona kateetarka marka aan dib danbe loogu baahneyn. Saliinge ayaa loo isticmaali doonaa in meesha looga saaro biyaha buufinka ee ku jira kaadi haystaada. Kateetarka ayaa ka dibna si fudud dibedda loogu soo jiidayaa.

## **Xallinta Dhibaataada**

- Haddii kateetarkaagu uusan dhibcaha soo saareynin:
  - ▶ Hubi si aad u aragtid haddii tubbadu ay maroojisantay ama laabantay.
  - ▶ Arag haddii aad ku jiipto kateetarka ama tubbada.

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- ▶ 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.**

- ▶ Xaqiiji in bacda kaadidu ay ka hooseyso heerka sinaha.
- Haddii kateetarkaagu uu soo baxo ama dareere deynayo:
  - ▶ Tuwaal ama cad biyaha celiya is hoos dhig.
  - ▶ Ha isku dayin in aad kateetarka dib meesha ugu celiso.

### **Isla markiiba wac dhakhtarkaaga ama kalkaalisada haddii:**

- Kateetarkaagu uu dibedda u soo baxo ama uu dareere deynayo.
- Ay kaadidaadu isu beddesho mid culus ama daruur oo kale ah, ama ay jirto malax ama dhiig la socda.
- Ay kaadidaadu ur xooggan leedahay.
- Aysan wax kaadi ah kateetarka ka imaannin 6 ilaa 8 saacadood.
- Uu xanuun ama gubasho ay kaa hayso meel u dhow dhuunta/ kateetarka ama kaadi-haysta, caloosha ama xagga hoose ee dhabarka.
- Aad isku aragto lulasho ama qar-qaryo ama heerkulkaagu uu ka sarreeyo 100.5 darajo F ama 38 darajo C.

### **La hadal takhtarkaaga ama kalkaalisada haddii aad wax su'aalo ama walaacyo ah qabtid.**

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