

# Discharge Instructions: Foley Catheter - GU

## What To Expect

- Foley catheters may cause bladder discomfort. These are bladder spasms, which will get better over time. You may feel like you need to urinate despite the fact that your bladder is empty with a Foley catheter in place.
- You may feel a sense of pressure in the lower abdomen. These symptoms are not dangerous.
- It is possible for you to have pink-tinged or bloody urine for a few days. This is not dangerous. If it lasts longer, or forms clots, please contact your doctor.

## Wound Care

- The Foley catheter may drain to a leg bag on your calf or a larger bag, which may rest on the ground. Keep the drainage bag lower than your waist.
- You may shower with your Foley catheter.
- Contact your doctor if the Foley catheter does not appear to be draining at all for more than 2 hours.

## Restrictions

- You may resume normal activity as tolerated.

## Pain Control

- The Foley catheter may cause some discomfort such as a feeling like you need to urinate more often or with an increased sense of urgency. A bladder relaxing medication, such as oxybutynin (Ditropan®), may be helpful. These medications commonly cause temporary dry mouth, and occasionally constipation. A stool softener, such as bisacodyl (Dulcolax®), may be helpful. Standard pain medications are usually not helpful, or necessary, for bladder discomfort.
- Antibiotics may be prescribed while your Foley catheter is in place or for a future date when your catheter will be removed or replaced, depending on the surgeon's preference.

## Diet

- You may resume your previous diet.

## **Call Us If...**

- your increased urge to urinate (bladder spasms) lasts more than 3 days
- you have blood in your urine for more than 2 days
- you have blood clots in your urine
- your Foley catheter does not drain for more than 2 hours
- your urine is cloudy
- you have new, intense pain in your side or your back
- you develop a fever of 101° F (38.3°C) or higher or if you have a fever with chills or sweats
- you cannot eat or drink without vomiting

If you have symptoms, questions, or concerns, please contact the Urology clinic at **716-845-3159**.

## **Follow Up Care**

- You should be scheduled for a follow up appointment in the clinic after your procedure.
- Your Foley catheter will likely be removed at the follow up appointment unless otherwise discussed with you by your urologist. If the plan is to leave your Foley catheter in place for a longer period of time, it should be replaced by a doctor or nurse every month.
- Since your follow-up appointment is very important, please contact the clinic if you do not have one scheduled or if you need to change the date or time.