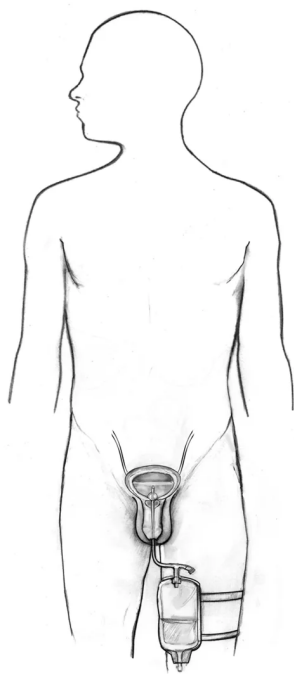




Daily care of my urinary catheter

Simple habits for hygiene, drainage and comfort with an indwelling catheter.



Urinary catheter connected to a leg bag: a positioning reference.

NIDDK / NIH · [Source](#)

01 Prepare

Keep instructions, supplies and your care team's number nearby.

02 Clean hands

Wash hands before and after handling the equipment.

03 Gentle hygiene

Clean the entry site daily with mild soap and water without pulling. Return the foreskin after washing.

04 Free drainage

Avoid kinks; keep the bag below the bladder, off the floor, with comfortable support.

05 Follow the plan

Follow personal advice for fluids, changes and activities. Do not remove the catheter or handle the balloon.

When to seek help

Fever or chills, pain with no drainage, heavy bright-red bleeding or a catheter that falls out: urgent advice.

These reminders complement a demonstration by your team. Personal instructions and device directions take priority. Never improvise insertion, removal or flushing.

Sources and references

[NHS — Living with a urinary catheter](#) · [Memorial Sloan Kettering — Urinary Foley catheter](#) · [NHS TEWV — Catheter care](#)