

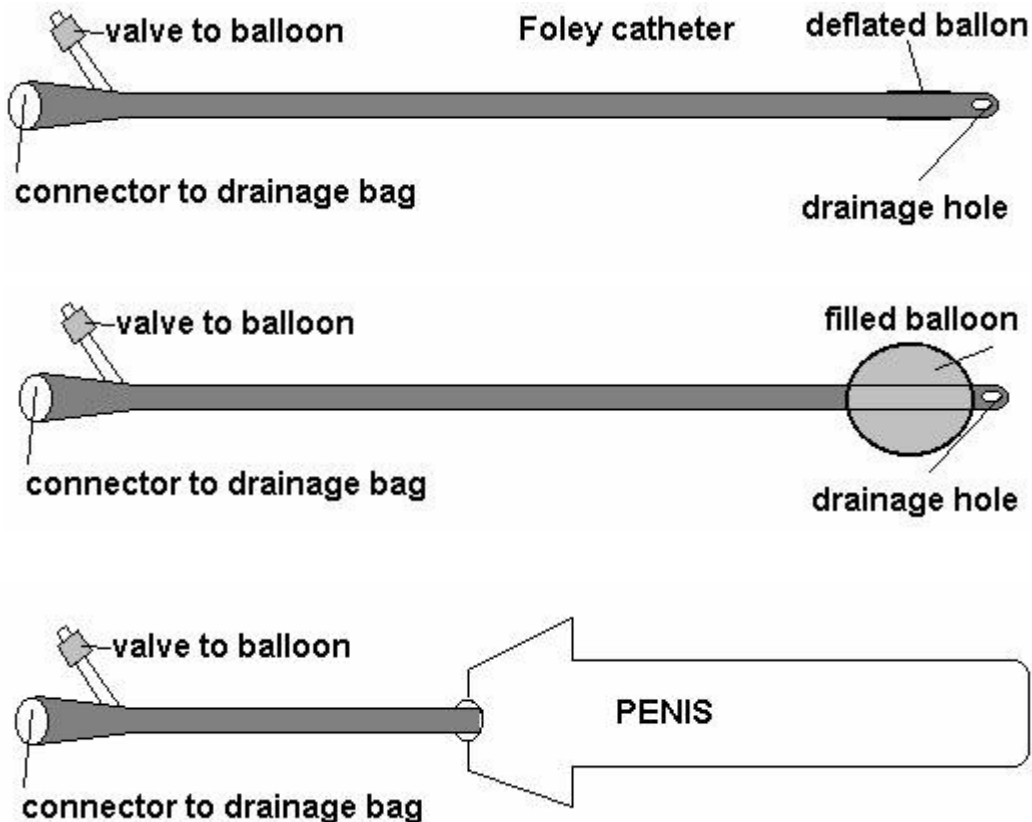
**URINARY CATHETER REMOVAL**

You have been or may be discharged from the hospital with a urinary catheter. These tubes (usually called "Foley", named after the inventor) are used to drain the urinary bladder of urine normally stored in the bladder. Your physician can explain the reasons for the catheter's use and its expected length of stay.

In certain circumstances we will suggest that the catheter be removed by yourself at home. The thought of doing something 'medical' may be frightening to some. However, removing the catheter is quite easy and with no serious risks. Normally this is done early in the morning during a weekday. The reason for this is that if you are unable to urinate after removal of the catheter, we will still be in the office to assist you.

**To remove the catheter you must understand the construction of the catheter**

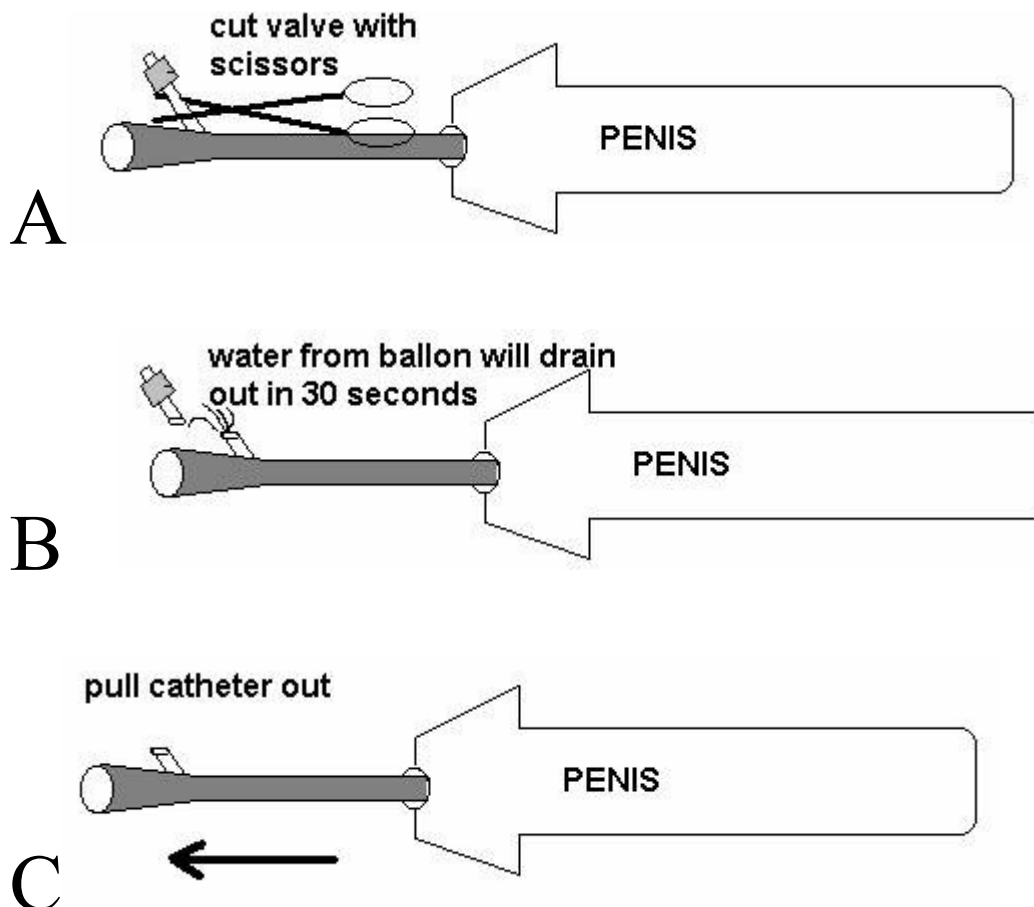
**Design:** The catheter is a hollow tube with a hole on each end. A side arm can be seen on the catheter and this allows a small balloon to be filled in the bladder so that the catheter does not fall out.



**NOTE: DO NOT REMOVE THE CATHETER UNLESS SPECIFICALLY REQUESTED TO DO SO**

## Removing the catheter:

From the diagram at the beginning of this pamphlet you can see the catheter stays in place in the bladder because of a balloon at the end that is inflated with water once the catheter end is placed into the bladder. Therefore, removing the water from the balloon flattens the catheter and allows you to pull the catheter out. Removing the water from the balloon requires that you cut the valve stem completely across with a scissors (figure A). The balloon will slowly drain one to two teaspoons of water within 30 seconds (figure B). The catheter can then be easily pulled out with a gentle tugging movement (figure C). If removed, you may want to monitor the times and amount of urine that you pass for the next 24 hours. Expect a slight burning sensation with urination for the first day or so. If you are unable to urinate, or have the sensation that you are not emptying your bladder, please call. You may then throw the catheter into the garbage.



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