How to connect Foley Catheter to leg bag

Shower and wash urinary meatus (that is the insertion site of the catheter) with soap and water.

Gather your supplies:

- Towel
- Alcohol swabs
- Urinary leg bag

Steps:

- Wash your hands with soap and water. Sit comfortably on a chair or bedside. Lift the catheter up and spread the towel over your leg to prevent urine from dripping onto your leg. Bring the catheter down and rest the catheter on the towel (but not the insertion site).
- Ensure that drainage valve at the bottom of the leg bag is turned tight to the “Close” direction.
- Undo the lower straps of the leg bag and secure it above or below the knee. Do not secure the top strap yet.
- Swab around the top port (marked “up”) of the leg bag with alcohol swab and rest the top port onto the leg bag itself by folding the bag outwards to avoid the top port from touching the skin/towel.
- Disconnect the catheter from the night drainage bag (big bag) with a twisting motion (back and forth)
- Squeeze the drainage port of the catheter (see picture) to prevent urine from dripping out of the catheter
- Swab around the outside tip of the drainage port of the catheter
- Insert the top port of the leg bag into the drainage port of the catheter. Make sure the connection is secure
- Attach the top elastic strap of the leg bag to the thigh. Make sure to secure the strap snuggly to prevent bag from slipping down your leg but not too tight to restrict circulation.
- Reposition the straps every 4-6 hours to lessen pressure from the elastic on your leg. You can do this by changing the bag to the other leg or by lowering or raising the leg band on the thigh.

Drain leg bag when it is half full to prevent the leg bag from being too heavy and pull on the catheter.

To drain, undo lower strap from the leg if needed, then position drainage port over toilet or drainage container and loosen drainage valve by turning it to the “Open” direction. When the drainage is complete, close the drainage port and wipe the valve clean with toilet paper.
To change from leg bag to large drainage or night bag:

Supplies:

- Towel
- Alcohol swabs
- Night drainage bag.

Steps:

- Empty leg bag first
- Spread the towel on your leg
- Wash your hands with soap and water. Sit comfortably on a chair or bedside. Lift the leg bag up and spread the towel over your leg. Bring the leg bag down and rest it on the towel.
- Disconnect the catheter from the leg bag with a twisting motion (back and forth)
- Squeeze the drainage port of the catheter (see picture) to prevent urine from dripping out of the catheter
- Swab around the outside tip of the drainage port of the catheter
- Insert the top port of the night bag into the drainage port of the catheter. Make sure the connection is secure
- Keep drainage bag below your waist for proper drainage.
- Before you go to sleep, attach the night bag to a part of your bed that is lower than your body or leave it on a towel on the floor. This will prevent the urine from flowing backwards into your bladder.
- To empty the drainage bag, remove drainage port from the clear plastic holder and release the metal clamp by lifting the small metal notch with your thumb.
- Guide drainage port over the toilet to drain urine.
- Re-clamp the drainage port by pressing on the metal flap with your thumb and dry end with toilet paper.
- Replace the drainage port back into the clear plastic holder.

Cleaning the Drainage Bag:

- To clean leg bag and night drainage bag rinse daily inside and outside with equal parts of water and vinegar to reduce odor and keep the bag germ free.
- Clean leg bag at night while the night bag is in use
- Clean the night bag during the day when leg bag in use.