

## Instructions Following Foley Catheter Removal

### WHAT TO EXPECT

- Your bladder and urethra may be irritated for 24 to 48 hours after the catheter has been removed. As a result, you may:
  - Hesitate to urinate
  - Urinate often
  - Feel stinging or soreness when urinated
  - Have pinkish urine
  - Not be able to hold the urine

**\*\*\*these problems should go away after urinating a few times\*\*\***
- Your first attempt to urinate should be about **2 ½ to 3 hours** after your catheter was removed.
  - *Small amounts of urination, or “dribbling,” is not a complete urination, you should have a steady stream of urine*

### DRINKING LIQUIDS

- We suggest drinking 1 glass of water (8-ounces) every 1-2 hours during waking hours after your catheter has been removed
  - *This will help to flush out your system and hopefully prevent an infection*
- Do **NOT** drink **excessive** amounts of water
  - This could overflow your bladder before it has had a chance to recover, making urination more difficult.

### SUGGESTIONS FOR IMPROVING URINATION

- Avoid or decrease your caffeine
- Try to urinate in the shower or tub of warm water

### CALL OUR OFFICE RIGHT AWAY

*If you:*

- **are not urinating at least 1 time every 8 hours**
  - *you will likely be instructed to go to the emergency room for another catheter to be placed*
- have pain with urination that continues or gets worse
- have blood in the urine that continues or gets worse
- are not able to urinate when you wake up in the morning
- have cloudiness or any other color change of your urine after 24 hours
- have a strong odor after 24 hours
- have any other problems or concerns

Thank you for choosing