



PATIENT & CAREGIVER EDUCATION

How to Remove your Urinary (Foley) Catheter

This video will show you how to remove your urinary (Foley) catheter. Only remove your urinary catheter yourself if your healthcare provider told you to.



Please visit www.mskcc.org/pe/remove_foley to watch this video.

Video transcript

This video will show you how to remove your urinary catheter, also known as a Foley catheter.

When your catheter was put in, sterile water was injected through a port on the catheter. The water inflates a small balloon inside your bladder. The balloon acts as an anchor which holds the catheter in place.

First, gather your supplies. You'll need a towel or protective pad and a 10-milliliter syringe.

Use a few paper towels under your catheter to protect your furniture from any urine that might leak out when

you remove it.

Unfasten the Velcro tab on the cath-secure device on your thigh, releasing the catheter from where it is fastened to your leg.

Locate the port on the catheter. The port will have a colored plastic disc encircling it.

In order to remove your catheter, the balloon needs to be deflated.

To deflate the balloon, insert the tip of syringe firmly into the opening at the end of the port and let it drain. You'll see the syringe fill with a clear fluid. This is the water that was injected into the balloon when the catheter was put in. Squirt the fluid you have removed into your sink or wastebasket.

Attach the syringe to the port again and let it drain just like you did before. This is to make sure all of the fluid has been removed from the balloon. When there's no more fluid in the balloon, slide the catheter out by gently pulling the catheter downward.

If you meet resistance, or if you have any questions, call your surgeon's office.

If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

For more resources, visit www.mskcc.org/pe to search our virtual library.

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