

# Self-Management Plan for Foley Catheters



Care at Home™

Name \_\_\_\_\_ Date \_\_\_\_\_

Wake Forest Baptist Health Care at Home 24 hour phone: \_\_\_\_\_

<p><b>Green Zone: All Clear</b></p> <ul style="list-style-type: none"> <li>▶ Urine is clear yellow without any odor</li> <li>▶ There is at least 1/4 cup of urine every hour</li> <li>▶ There is no pain, itching, burning or drainage near or at the Foley exit site</li> <li>▶ Temperature by mouth is 98.6° or less</li> <li>▶ Have all prescriptions available</li> </ul>	<p><b>Green Zone Means:</b></p> <ul style="list-style-type: none"> <li>▶ Continue with good personal hygiene</li> <li>▶ Clean and/or change the Foley bags and tubing as your Home Care nurse instructs</li> <li>▶ Keep Care at Home nurse appointments</li> <li>▶ Keep physician appointments</li> </ul>
<p><b>Yellow Zone: Caution</b></p> <p>If you have any of the following signs and symptoms:</p> <ul style="list-style-type: none"> <li>▶ The Foley has fallen out</li> <li>▶ Urine is cloudy and/or has a slight odor</li> <li>▶ Increased pain, itching, burning and/or drainage near or at the Foley exit site</li> <li>▶ A feeling of bladder fullness and/or little or no urine in the drainage bag</li> <li>▶ Urine is leaking, bed and/or clothes are wet</li> <li>▶ The color of the urine is dark and looks like tea</li> <li>▶ Temperature by mouth is above 100.5°</li> <li>▶ Have less than 3 days of prescribed medication available</li> <li>▶ Are not sure what medications to take today</li> </ul>	<p><b>Yellow Zone Means:</b></p> <ul style="list-style-type: none"> <li>▶ Your symptoms indicate that you may have an urinary tract infection</li> <li>▶ Call your Care at Home nurse and/or your physician</li> </ul> <p>Contact _____</p> <p>Phone Number _____</p> <p><b>(Please notify your Care at Home nurse if you contact or go see your MD)</b></p>
<p><b>Red Zone: Medical Alert</b></p> <p>If you have any of the following signs and symptoms:</p> <ul style="list-style-type: none"> <li>▶ Urine is very cloudy and/or has a strong foul odor</li> <li>▶ There is constant pain, itching, burning and/or drainage near the Foley exit site</li> <li>▶ There is pain and/or a feeling of bladder fullness in the lower part of your stomach</li> <li>▶ There is no urine in the bag or there is blood in your urine</li> <li>▶ Temperature by mouth is above 100.5°</li> <li>▶ Have taken wrong does or missed a dose of medication today</li> </ul> <p><b>Call your physician immediately if you are going into the RED zone</b></p>	<p><b>Red Zone Means:</b></p> <p>This indicates that you need to be evaluated by a physician right away</p> <p>Primary MD _____</p> <p>Phone Number _____</p> <p><b>Call your physician right away or call 911</b></p> <p><b>(Please notify your Care at Home nurse if you go to the emergency room or are hospitalized)</b></p>