# Self-Management Plan for Foley Catheters

**Green Zone: All Clear**
- Urine is clear yellow without any odor
- There is at least 1/4 cup of urine every hour
- There is no pain, itching, burning or drainage near or at the Foley exit site
- Temperature by mouth is 98.6° or less
- Have all prescriptions available

**Green Zone Means:**
- Continue with good personal hygiene
- Clean and/or change the Foley bags and tubing as your Home Care nurse instructs
- Keep Care at Home nurse appointments
- Keep physician appointments

**Yellow Zone: Caution**

If you have any of the following signs and symptoms:
- The Foley has fallen out
- Urine is cloudy and/or has a slight odor
- Increased pain, itching, burning and/or drainage near or at the Foley exit site
- A feeling of bladder fullness and/or little or no urine in the drainage bag
- Urine is leaking, bed and/or clothes are wet
- The color of the urine is dark and looks like tea
- Temperature by mouth is above 100.5°
- Have less than 3 days of prescribed medication available
- Are not sure what medications to take today

**Yellow Zone Means:**
- Your symptoms indicate that you may have an urinary tract infection
- Call your Care at Home nurse and/or your physician

Contact ___________________________________________________

Phone Number __________________________

(Please notify your Care at Home nurse if you contact or go see your MD)

**Red Zone: Medical Alert**

If you have any of the following signs and symptoms:
- Urine is very cloudy and/or has a strong foul odor
- There is constant pain, itching, burning and/or drainage near the Foley exit site
- There is pain and/or a feeling of bladder fullness in the lower part of your stomach
- There is no urine in the bag or there is blood in your urine
- Temperature by mouth is above 100.5°
- Have taken wrong does or missed a dose of medication today

**Red Zone Means:**
- This indicates that you need to be evaluated by a physician right away
- Primary MD ________________________________
- Phone Number __________________________

Call your physician right away or call 911

(Please notify your Care at Home nurse if you go to the emergency room or are hospitalized)