Subject: Bladder Retraining Post-Catheterization

Purpose: To retrain the bladder and strengthen muscle tone preventing urinary incontinence after removal of Foley catheter following long-term catheterization or following neurological damage

Equipment:
1. Clamp
2. Physician order for Bladder Training

To be performed by: RN

Procedure:
1. Explain procedure to patient
2. Clamp Foley catheter for two hours
3. Unclamp catheter for five minutes and measure output
4. Clamp Foley
5. Repeat steps 2, 3, & 4 increasing length of time Foley is clamped by 30 minutes if previous time is tolerated
6. If patient becomes uncomfortable, may unclamp early and increase time as tolerated
7. If period of clamping is 4 hours, continue schedule through night; if under 4 hours, open Foley to straight drainage and resume schedule in a.m.
8. When patient is able to tolerate 4 hours or more for 24 hours, remove Foley
9. Continue bladder training by assisting to bathroom at regular intervals until patient resumes regular habits
10. Establish form of communication for schedule of clamping and unclamping Foley on care plan or kardex

Documentation:
1. Nurses Notes: Document clamping and unclamping of Foley
2. Graphic: Outputs