



# Belly Bag

## *Basic instructions*

**A belly bag may be used instead of a leg bag to collect urine.**

**This handout explains how to attach and empty a belly bag.**

A belly bag is a disposable urine-collection bag. It is used with indwelling catheters, such as a Foley catheter. These catheters stay in place in the body.

A belly bag can be worn instead of a leg bag/night bag system. It cannot be worn with a condom-style catheter.

For odor problems, squirt a few drops of lemon juice into the bag. Or, you can buy odor eliminators at a medical supply store.

## **Attaching the Bag**

1. Wash your hands well with warm soapy water for at least 30 seconds. Let them air dry or dry them with a clean towel.
2. Place the bag on your stomach until it is in a place that feels comfortable. The bag may be worn next to your skin or over an undershirt.
3. Wrap the belt around your waist. Make sure the buckle is at or near the right side. Buckle the belt, and adjust it as needed. If the belt is too long, trim it. Leave about an extra 4 inches. Check your skin under the belt every day for signs of skin breakdown.
4. With clean hands, remove the drain valve from the retainer strap. Turn the valve  $\frac{1}{2}$  turn to the left (counterclockwise) to close it. Do not over-tighten the valve, or the bag might leak.
5. If you like, lift and tuck the drain tube back under the front retainer strap.
6. Check to see that urine is draining freely from the open end of the catheter.
7. With your fingers, slide the open end of the catheter over the tapered end of the connector port. Push until there is a tight fit.  
**Caution:** Do not touch the open catheter end or the connector port. Keep them sterile.
8. When you remove the bag, squeeze (pinch) the belt buckle sides to release the bag.

## Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns.

**University of Washington Medical Center Rehab Medicine Clinic:**  
206-598-4295  
Box 356157  
1959 N.E. Pacific St.  
Seattle, WA 98195

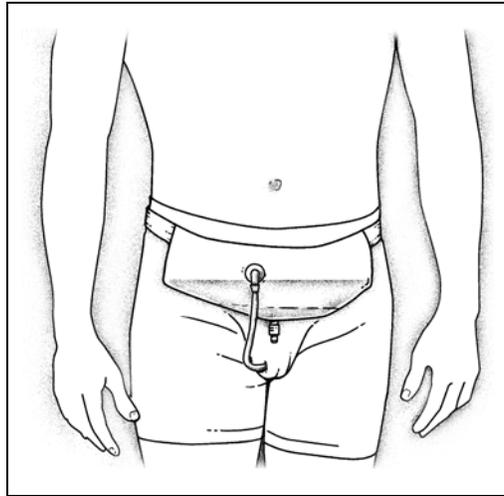
**Harborview Medical Center Rehab Medicine Clinic:**  
206-744-2581  
Box 359859  
325 9th Ave.  
Seattle, WA 98104

## Emptying the Bag

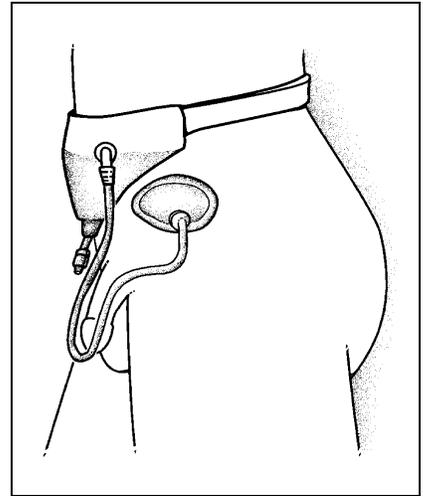
1. Sit down on or stand in front of the toilet, or place the drain tube into a urinal. Hold the drain tube downward.
2. Twist the drain valve to the right (clockwise) until it opens. Allow the urine to flow freely from the bag into the toilet or urinal.
3. To close the valve, twist the tube cap to the left (counterclockwise).

## When to Change the Bag

The belly bag is changed when the Foley or other indwelling catheter is changed.



Front view of the belly bag



Side view of the belly bag and internal view of the catheter

UW Medicine

UWMC Rehabilitation Clinic

Box 356157

1959 N.E. Pacific St. Seattle, WA 98195