Suprapubic Urinary Catheter Care

You may be discharged with a suprapubic (SP) urinary catheter. This catheter is inserted through your lower abdominal wall into your bladder. Your catheter will stay in place until your body has healed and you are able to urinate adequately.

Dressing change and care:

a. Keep original dressing on for first 48 hours (until your first shower). Change dressings as needed or as directed by physician.

b. Wash hands with soap and water before and after manipulation of the catheter.

c. Wash area with soap and water. Thoroughly dry area around the insertion site.

e. If needed or instructed to, re-dress with gauze and secure the dressing with surgical tape. Do not place Vaseline or any ointments around the catheter.

f. Make sure there are no kinks in the tubing and urine is draining.

g. You will be discharged with a leg bag for daytime, a larger bag for nighttime and also a plug to use while showering. To best clean these use 1 part vinegar and 4 parts water and rinse inside and out. To switch between the day and night bag make sure to empty the attached bag into the toilet first. Clamp the catheter when switching between bags.

If you have severe bladder pain, bleeding, fever (greater than 100 degrees Fahrenheit), or pus-like discharge draining around the SP catheter, let your treating physician know.

To help ease irritation at the suture site and catheter insertion site, tape the catheter to your skin so that it has a gentle curve on its way to the drainage bag, on either side of your abdomen.

The SP catheter needs to be connected to a drainage bag to allow continuous and unimpeded drainage. It is important not to obstruct the flow of urine unless your bladder function is being tested. You will be provided with instructions for bladder function testing.

Please ask for guidance from your HIFU physician regarding activity level while you have your SP catheter, before participation in activity.

Once your SP catheter is removed, take it easy for a few days while the site and bladder heal. There may be some leakage (especially when coughing, sneezing, straining or with pressure on the abdomen) from the site; which normally resolves within the next few days when the site has healed. A dressing may be helpful to prevent soiling of your clothing.
Catheter Instructions

- If you have a suprapubic catheter it will have a clamp. If you have a foley (urethral) catheter, it most likely will not have a clamp.
- You will be sent home with a plug for your catheter.
- The above marked port is where you will attach your bag and plug the catheter when needed.

- You will need to clamp and/or plug your catheter:
  - when you shower
  - when you change bags
  - when you are bladder training
Large Overnight Catheter Bag

- Make sure port at bottom of catheter is closed before connecting
- Will drain to gravity, just place on floor at side of bed. If bed is too high, place on chair at side of bed
- Do not connect bag to part of bed

Daytime Leg Catheter Bag

- Make sure the port at bottom of bag is closed before connecting
- Attach straps to upper thigh in comfortable position
- Will need to empty every 1-2 hours
- Do not have to disconnect to empty, simply open port over toilet