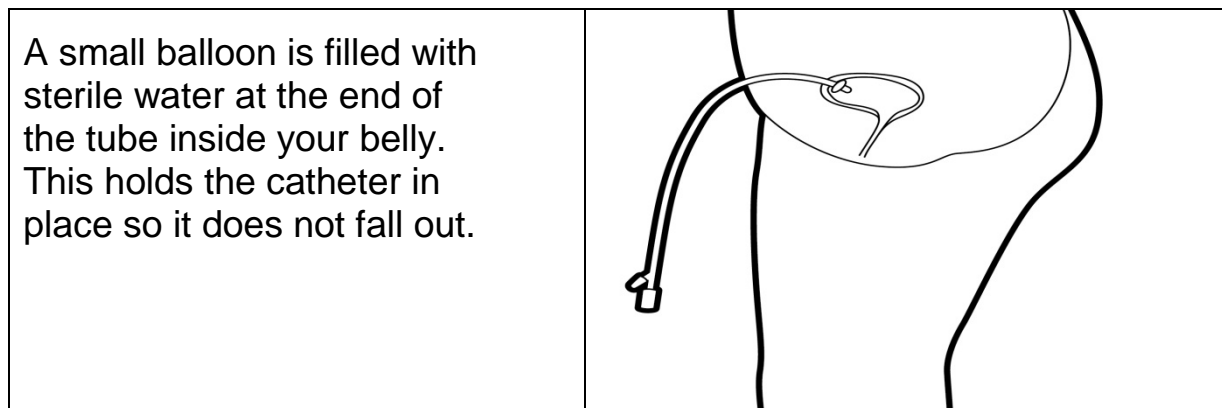
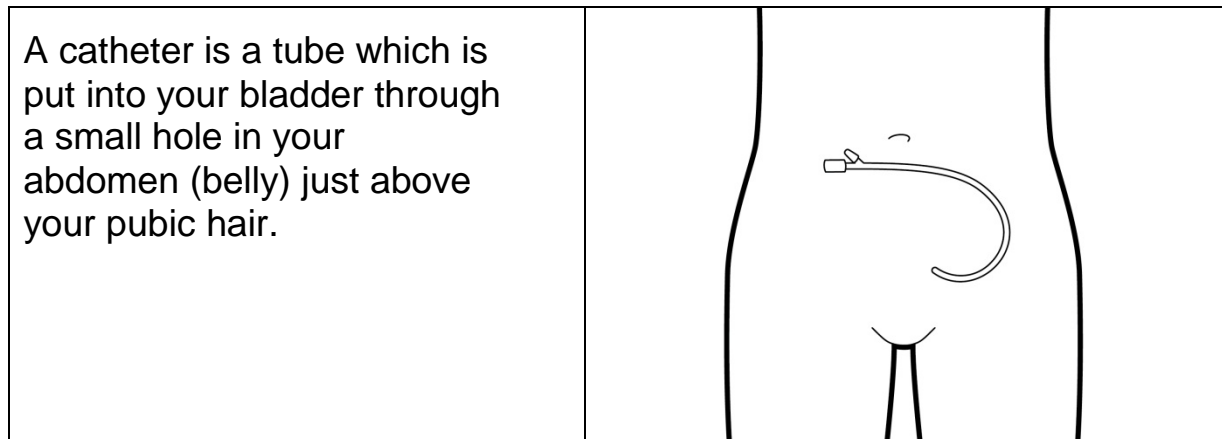


Suprapubic Catheter

A suprapubic catheter drains urine from your bladder.



Benefits of this type of catheter over a regular catheter

- easier to change
 - easier to keep clean; therefore less infection
 - more comfortable with sexual activity
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When you have a suprapubic catheter you will need to:

- Take care of your skin around the catheter.
- Empty the catheter bag a few times a day.
- Drink plenty of fluids: 2 to 3 liters a day.
- Keep the catheter bag below your waist. This will keep urine from flowing back into your bladder.
- Check the tubing for twists or kinks. Gently rotate or move the catheter around if it is not draining.

Take care of your skin

- A few times every day check the skin for redness, swelling, pain or pus.
 - You can shower. Wash the skin around the catheter every day. Use warm water and a mild soap such as Dove. Gently pat the area dry.
 - Ask your nurse or doctor if you can put the catheter area under water: have a bath, go in a hot tub, go swimming.
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When to get medical help

If your catheter is new, call the urologist (doctor) who inserted the catheter; otherwise call your family doctor if:

- Your bag is filling up quickly, and you have an increase in urine.
- You are leaking urine around the tube or from your urethra
- You are not draining urine.
- You have blood in your urine a few days after you leave the hospital.
- If after 24 hours after your catheter was changed, you notice bleeding where the catheter enters your bladder.
- You have pain, swelling, or pus around where the catheter enters your bladder. The catheter could be blocked or there could be an infection.
- You see grit or stones in your urine.
- Your urine smells, changes colour or is cloudy.

Changing the catheter

- The catheter is usually changed every 4 to 6 weeks.
- The first time that the catheter needs to be changed, it will be changed by the urologist (doctor).
- Further changes are done by a nurse from the Community Care Access Centre (CCAC) either at the centre or in your home.

How to empty the catheter bag

1. Remove the cap or flip the valve.
2. Drain urine into measuring device or toilet.
3. Wipe the spout of the drainage bag with an alcohol wipe.
4. Replace cap or close valve.
5. Wash your hands.