



A guide to...

After care for Insertion of a Suprapubic Catheter

Patient Information

Endoscopy Unit

Hemel Hempstead Hospital

Problem	How to deal with it
Overgranulation (overgrowth of the tissue surrounding the insertion site)	Contact your district nurse so that they can commence treatment
Urine not draining into bag	Ensure there are no kinks in the tubing. Make sure the bag is below the level of the bladder
Urine leaking through urethra (the tube you usually pass urine through) - this can be caused by strenuous activity	Ensure the bag is draining correctly. Contact your GP or nurse
Urine leaking around your catheter	Make sure the bag is not too full, or pulling on your catheter. Contact GP or nurse
Prolonged pain or cramps	Contact your GP or nurse
Urine not draining after 2-3 hours	Contact your GP or nurse or NHS direct on 0845 4647
Blood in your urine	Drink plenty of fluids. Contact your GP or nurse
Catheter has fallen out	Contact your GP or nurse or NHS direct on 0845 4647

If you need this leaflet in another language, large print, Braille or audio version, please call **01923 217 187** or email westherts.pals@nhs.uk

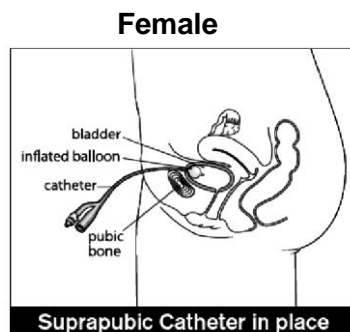
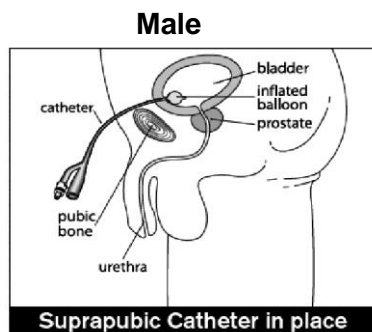


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Introduction

Today you have had a suprapubic catheter fitted; a suprapubic catheter is a urinary catheter (a tube that drains urine from your bladder) that has been fitted through a small cut in your abdomen. The diagrams below show a cross-section of the bladder with a suprapubic catheter in situ.



Following today's procedure

1. It is very important to drink at least six pints of water or squash every day for the next two – three days.
2. It is normal to experience some pain and discomfort around the site of the catheter and some bleeding in your catheter bag, however should this bleeding persist for more than 72 hours (unless you're on anticoagulants) or the pain become severe, then you should contact:
 - Accident and Emergency at Watford on **01923 217 256** or your nearest Accident and Emergency.
 - Please note: there is **NO** Accident and Emergency at Hemel Hempstead or St Albans City Hospitals.
3. Contact your GP if you experience a high temperature or the urine has a strong odour.

Your named nurse today was:

How to care for your suprapubic catheter

Your suprapubic catheter need not become the centre of your life; you should be able to lead a relatively normal life as far as the catheter is concerned. However, personal hygiene is important to reduce the risk of infection. To clean the suprapubic site:

- First, wash and dry your hands thoroughly.
- If you have a dressing over the suprapubic site, carefully remove and dispose of it.
- Try to shower every day using a designated clean cloth, unscented soap and warm water.
- Dry using a clean towel and pat the catheter bag dry.
- If necessary, apply a clean dressing (a dressing is only needed if there is a discharge from the suprapubic site).

Your diet should not be affected, provided you avoid constipation. However it is important that you drink plenty, (1.5 – 2 litres) – reducing caffeine and including cranberry juice (if you are on Warfarin please speak to your GP first).

Your sex life should not be affected as you can simply tape the catheter out of the way.

It is important to keep the catheter bag below the level of your bladder, as gravity will help aid drainage.

If you have any other queries please contact the endoscopy unit on **01442 287 968** (9.00am – 5.00pm Monday to Friday).

Follow up care

- Your catheter bag will need changing in 5–7 days. This can be done by your carer or yourself.
- Your dressing will need removing and possibly replacing in days. This can be done by your district nurse.
- Your catheter will need changing in weeks. This can be done by your district nurse.