

## Caring For Your Suprapubic Catheter

A **suprapubic catheter** is a thin rubber tube that runs from your bladder through a small incision in your stomach to a bag that collects the urine. A balloon filled with water holds the catheter in place. Caring for your suprapubic catheter involves emptying the collection bag and cleaning your incision. These instructions will teach you how to care for your suprapubic catheter. Follow the instructions below.

### Things You Will Need to Empty the Collection Bag:

- Clean cloth or paper towels
- Disposable gloves
- Wastebasket

### Emptying the Collection Bag



Be sure to keep the urine collection bag lower than your hips to allow the urine to drain out of your bladder and into the bag.

#### Step 1

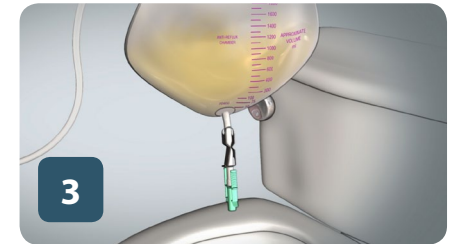
Wash your hands with soap and water, and then dry them.

#### Step 2

Put on disposable gloves.

#### Step 3

Hold the bottom of the collection bag over a toilet.

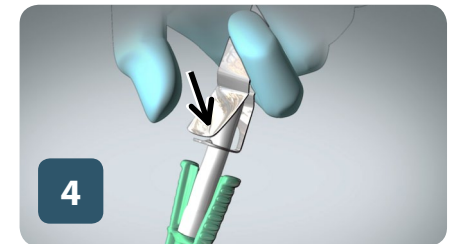


#### Step 4

Open the drain valve. Urine will begin draining from the bag.

#### Step 5

Close the valve.



#### Step 6

Remove your disposable gloves and throw them away in the wastebasket.

#### Step 7

Wash your hands with soap and water, and then dry them.

### Things You Will Need to Clean the Catheter:

- Plastic bag
- Wastebasket
- Clean washcloth
- Clean paper towels
- Cotton swabs or cotton balls
- Disposable gloves
- 4 inch x 4 inch split dressing gauze
- Dressing tape

## Cleaning the Catheter



- Clean your suprapubic catheter at least once a day.
- Be careful not to pull on the tubing when cleaning your catheter.

### Step 1

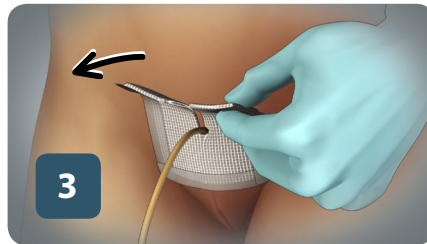
Wash your hands with soap and water, and then dry them.

### Step 2

Put on disposable gloves.

### Step 3

Gently remove any old dressing materials around your catheter incision. Put the old dressing in a plastic bag, and throw it into the wastebasket.



### Step 4

Remove your disposable gloves and throw them away in the wastebasket.

### Step 5

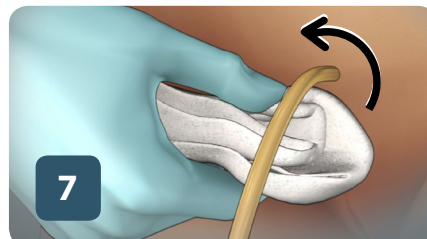
Wash your hands again with soap and water, and then dry them.

### Step 6

Put on disposable gloves.

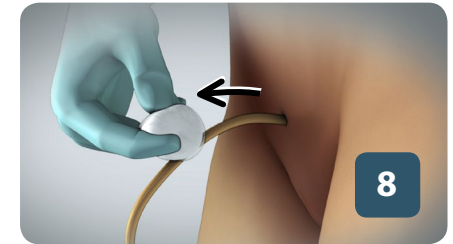
### Step 7

Wash the skin around your incision using a washcloth and warm soapy water. Dry your skin completely with a clean paper towel.



### Step 8

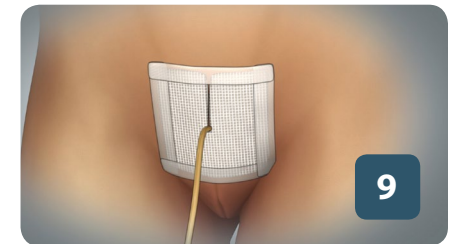
Wash about four inches of the catheter tube where it enters your skin with a cotton swab or ball and warm soapy water. Start at your incision, and wipe away from your body.



Do not wipe toward your incision.

### Step 9

Place a new four inch by four inch split dressing gauze over your incision, and around the catheter tube. Tape the gauze in place using dressing tape.



### Contact your surgeon if:

- **Questions about catheter**
- **Chills and/or a temperature of 101° F or higher**
- **Bladder feels full, but no urine draining into bag**
- **Bleeding or swollen incision**
- **Urine leaking around catheter**
- **Cloudy or foul-smelling urine**
- **Grit or stones in your urine**
- **Bright red blood in urine (small amount or pink tinged urine is normal after some procedures)**

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This handout is intended to supplement the information you receive from your healthcare provider. This information should never be considered personal medical advice. Always contact your healthcare provider with questions or concerns.