

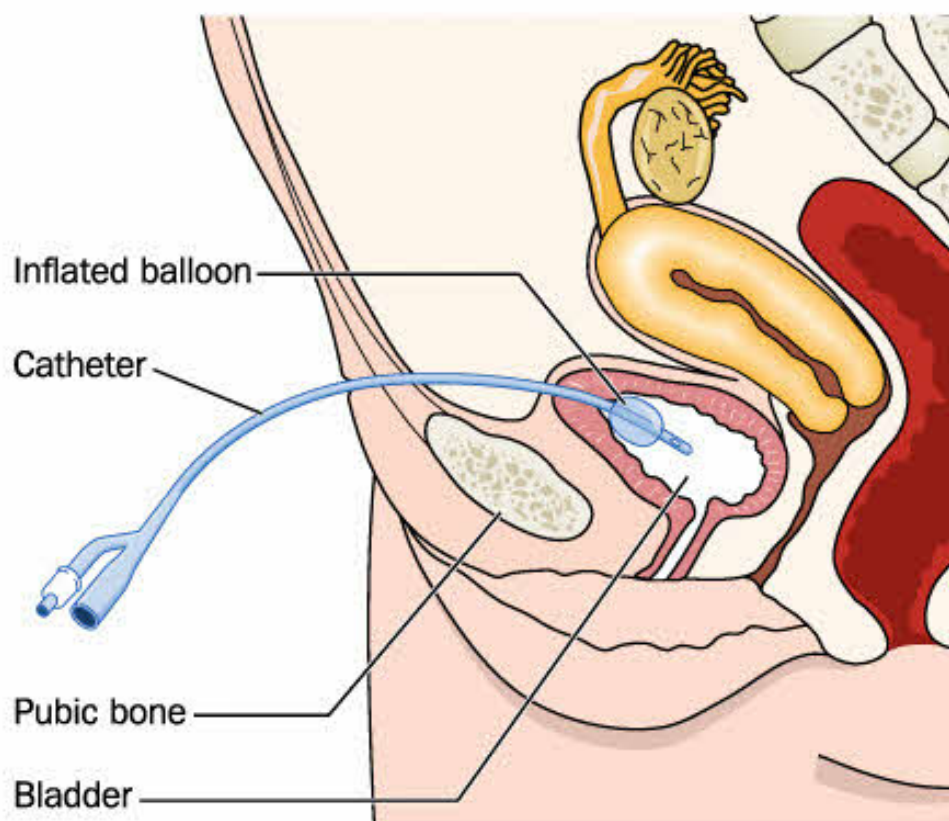
A Guide for Patients and Families

## Care of Suprapubic (SP) Catheter

### What is Suprapubic (SP) Catheter?

A urinary catheter that is inserted through a small cut made in the anterior abdominal wall by the doctor. This catheter, which is inserted just above the pubic bone. A small balloon at the tip of the catheter is inflated to prevent it from falling out.

The catheter will continuously drain urine from the bladder into urine bag, therefore there is no need to pass urine. Urine may occasionally leak through the urethra (the passage through which urine is normally passed out).



## Care and management :

To avoid the risk of getting an infection, these instructions will help you to care for the urinary catheter.



### General Care of SP Catheter

- Shower daily.
- For newly inserted SP catheter, cover the incision site with waterproof material before shower.
- For healed wound : Wash the skin area where the catheter enters the body with lukewarm water.
- Dry the area thoroughly. Do not apply talcum powder. The catheter insertion site need not to be covered with a dressing unless there is a discharge at the catheter insertion site.
- Try not to pull or tug at the catheter when adjusting your clothing or moving around.
- Ensure that your clothing is loose, as tight clothing can cause the tube to bend or get kink, cutting off the flow of urine.



## Diet

Eat normally to ensure that the catheter drains well. Drink at least 1.5 litres (7 to 8 glasses) of water or fruit juice a day, unless advised otherwise by your doctor.

Taking fruit juices such as cranberry juice, lime juice or lemon juice (at least 2 cups daily) will help to reduce the risk of urine infections.



Eat plenty of fruits and vegetables to prevent constipation. Constipation may put extra pressure on your bladder, which can cause urine leakage by the side of the catheter, and give you a sense of urgency to pass urine.



## Care of drainage bag

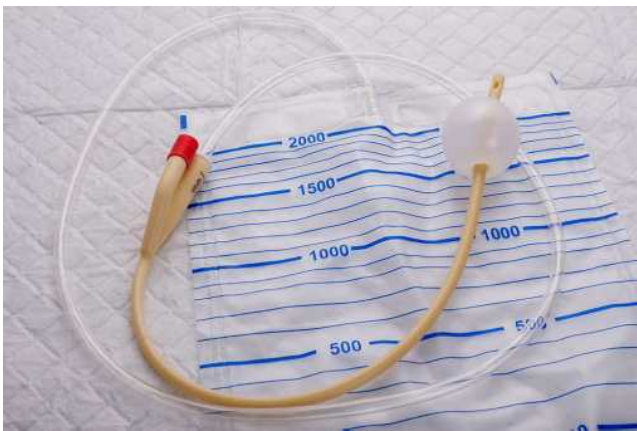
- Always keep the drainage bag below the bladder / waistline.
- Always check that the catheter is not kinked or blocked.
- The drainage bag must be emptied when it is half filled to prevent the weight of the urine from pulling at the catheter.
- Wash and dry your hands before and after emptying the drainage bag.
- Open the tap of the bag and empty all the urine into the toilet or into a container.
- Close the tap and wipe it dry with a clean tissue or toilet paper to remove the excess urine around it. Wash the tap with water and wipe it dry with a clean tissue to remove the urine smell.



## Change of drainage bag

- The drainage bag can be worn for a week before changing unless it gets damaged, dirty or smells.
- Wash and dry your hands before and after changing the drainage bag.
- Clean the connection with soap and water. Disconnect the drainage bag from the catheter.
- Avoid touching the ends of any connecting tubing.
- Connect the new drainage bag directly.
- Observe any abnormalities before empty the urine from the bag in toilet.

\*The SP catheter should be changed as recommended by your nurse specialist or physician.



**Please seek immediate medical attention at the Emergency Department if you have experience the following:**

Dislodgement of the suprapubic catheter

High fever with cloudy or bloody urine

Low or no urine output for 2 hours

Urine changes colour, smells foul or becomes bloody

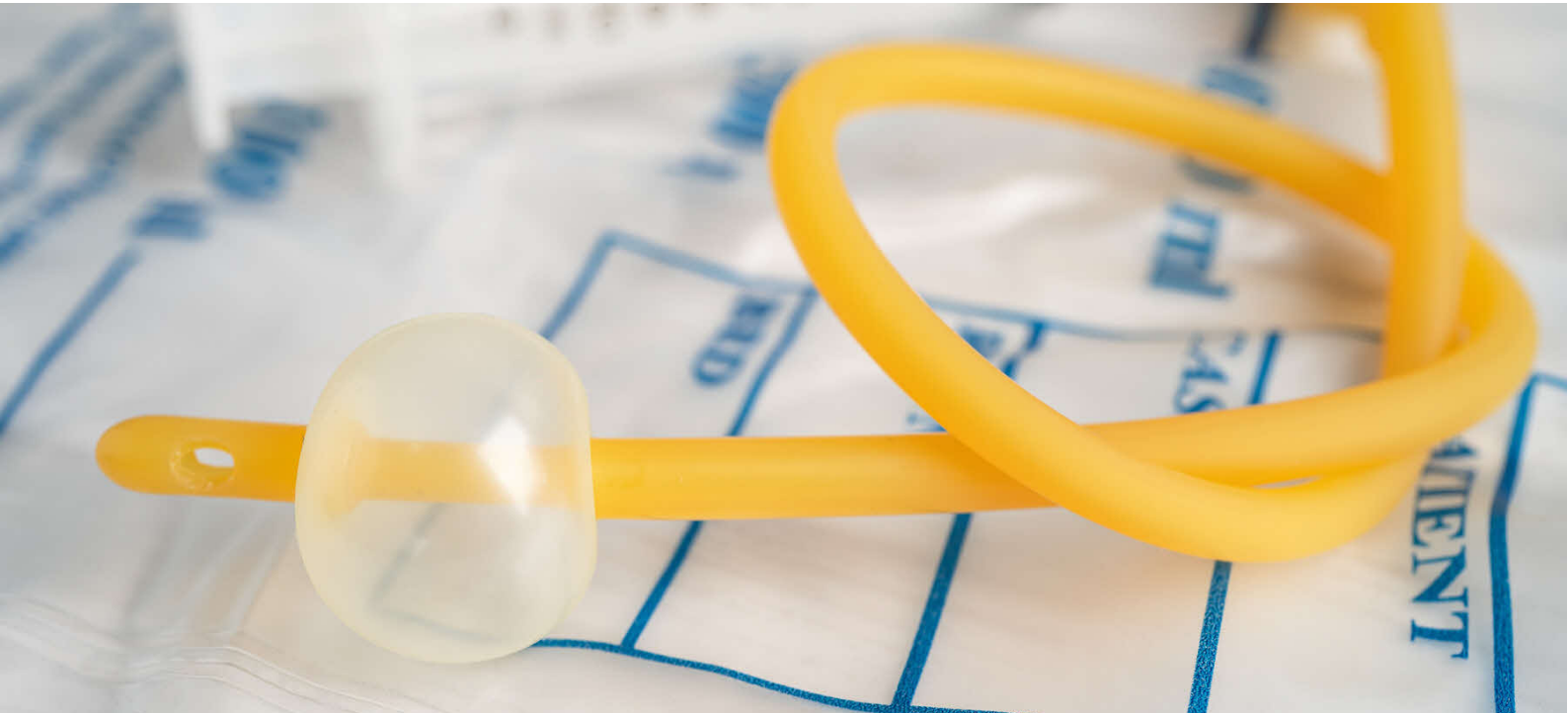
Urine leakage around the catheter site

Prolonged discomfort or pain in the back, sides, abdomen area or at the catheter site



**If there is no urine draining out from the catheter, ensure that:**

- The tube is not bent or kinked.
- The drainage bag is below the bladder level.
- The drainage bag is connected correctly.



- As the urine drainage bag needs to be changed at least weekly or when necessary, make sure you have extra urine drainage bags for changing.
- Foley catheter can be changed only by your healthcare provider.

### **Items required to prepare :**

- Foley catheter (As instructed by your healthcare provider) .
- Sterile catheterisation set.
- Urine bag.

You may purchase the above items from any pharmacy or “home care” service.