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Suprapubic Catheter Change

Post-Procedure and Home Care Instructions

RIGHT AFTER YOUR CHANGE

- You may return to normal activity immediately.
- **Drink plenty of fluids** — aim for 6 to 8 glasses of water daily unless you were told to limit fluids. This is the single best thing you can do to keep the catheter from blocking.
- Check that urine is draining into the bag before you leave.
- A small amount of blood in the urine for a day or two is normal.

DAILY SITE CARE

- **Wash around the catheter site daily with soap and water** and pat dry. A shower is ideal.
- Do not use ointments, powders, or antiseptics unless directed.
- Use a dressing only if instructed — many sites do better open to air.
- **Secure the catheter to your abdomen or thigh** with a strap or securement device. Tugging causes bleeding, leakage, and tract widening.
- Rotate the catheter gently at the site occasionally if you were shown how, to prevent it adhering.

DRAINAGE BAG CARE

- **Keep the bag below the level of your bladder at all times** — urine flowing backward causes infection.
- Empty the bag when it is about two-thirds full; do not let it become completely full.
- Wash your hands before and after handling the catheter or bag.
- Keep the drainage spout from touching the toilet or container.
- Use a leg bag during the day and a larger bag at night if that suits you.
- Clean reusable bags as instructed; replace per your schedule.

WHAT IS NORMAL

- Blood-tinged urine for 1 to 2 days after a change
- Mild bladder spasms or cramping for a short time
- A small amount of clear or slightly bloody drainage around the site
- Some mucus or sediment in the urine

YOUR NEXT CHANGE

Catheters must be changed on schedule — usually every 4 to 8 weeks — to prevent blockage and encrustation.

Next change due: _____ Catheter size/type: _____

CALL THE OFFICE RIGHT AWAY IF YOU HAVE

Call 909.236.3333

- **No urine draining for 2 hours or more, or urine leaking from the urethra instead of the catheter** — this means a blockage. Do not wait.

- **The catheter falls out.** Call immediately — the tract can begin closing within hours and it needs replacing quickly.
- Fever over 101°F or shaking chills
- Increasing redness, warmth, swelling, or pus-like drainage at the site
- Severe abdominal or bladder pain
- Heavy bleeding or large clots
- Cloudy, foul-smelling urine with feeling unwell

If your catheter falls out and you cannot reach us, go to the emergency room — tell them the tract will close if it is not replaced promptly.