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Suprapubic Catheter Change

Pre-Procedure Instructions for Patients

ABOUT YOUR PROCEDURE

A suprapubic catheter drains urine from the bladder through a small opening in the lower abdomen rather than through the urethra. The catheter must be changed on a regular schedule — usually **every 4 to 8 weeks** — to prevent blockage, encrustation, and infection. The change is quick. The old catheter is deflated and withdrawn and a new one is passed through the same established tract. It takes only a few minutes and usually causes brief pressure rather than pain.

WHY THE SCHEDULE MATTERS

Catheters left in too long become encrusted with mineral deposits and block. A blocked suprapubic catheter causes urine to back up, which is painful and can cause infection or kidney problems. **Keep your scheduled changes even when everything seems fine.**

MEDICATIONS

- **Blood thinners:** You can usually stay on them for a routine catheter change. Do not stop them unless your urologist tells you to.
- **Antibiotic:** Most patients do not need one routinely. If you were prescribed one, take it as directed.
- Continue all other regular medications.

THE DAY OF YOUR PROCEDURE

- Eat and drink normally.
- **Shower and wash around the catheter site** with soap and water.
- Wear loose clothing that gives easy access to your lower abdomen.
- **Bring your spare catheter and supplies if you keep them at home**, and bring your drainage bag.
- Bring your medication list and insurance information.
- Tell us the size and type of your current catheter if you know it.

WHAT TO EXPECT

You will lie on your back. The area around the catheter is cleaned. The balloon holding the catheter in place is deflated with a syringe, and the old catheter is withdrawn — you will feel a brief tug. The new catheter is passed through the same tract, the balloon inflated, and drainage confirmed. A dressing is placed.

The whole change takes a few minutes. You can go home immediately and resume normal activity.

WHEN TO CALL THE OFFICE

Call 909.236.3333 before your appointment if you have fever, chills, cloudy foul-smelling urine, increasing redness or drainage around the site, or if **your catheter is not draining** — a blocked catheter should not wait for a scheduled appointment.

