

# How to Take Care of a Suprapubic Catheter

## General Guidelines

To care for a suprapubic catheter, follow these guidelines:

- Wash your hands vigorously before and after touching the catheter or appliance.
- You may take a shower, but do not take a tub bath.
- Wash around the tube every day. Then, put on a new bandage and tape it in place.

## What to Do in the Morning

- Clamp the suprapubic catheter.
- Wash the night appliance and drain the urine from the bag.
  - Rinse the bag well with cool water.
  - Wash the bag with soap and water to remove any particles or mucus. Bacteria grows well in pooling urine.
  - Rinse the bag with plain water.
  - Hang the bag and tubing to dry.
  - Wash your hands.

## Voiding Routine

- Attempt to urinate. Measure the amount and record it on the chart to the right. Your nurse will send measuring equipment home with you.
- Open the tube and measure the residual amount after you urinate or after 3 to 4 hours if you are unable to urinate.
- Reclamp the suprapubic catheter.
- Record the residual amount.

## What to Do at Bedtime

- Connect the catheter to the drainage bag.
- Check the clamp at the bottom of the bag to be sure it is closed.
- When you get into bed, arrange the tubing so it doesn't kink or hang down.
- Keep the drainage bag off the floor.
- Hang the bag at the side of your bed.

Date	Time	Residual amount