

## Suprapubic Catheter Care

A suprapubic tube (SPT) is a hollow tube inserted through your abdomen into your bladder to provide continuous drainage of urine. It can be made of latex rubber, plastic, or silicone. It may be a temporary diversion of your urine to allow for healing of your urinary tract or it may be permanent. Many types of SPTs exist, the most common of which is a Foley. This catheter has a balloon at the bladder end which holds it in place.

### Care of the Insertion Site:

1. Wash this area daily with a mild soap and water. Crusting material can develop on the catheter where it enters your abdomen. This can be cleaned with hydrogen peroxide.
2. Make sure the catheter is off tension. You can tape the catheter to your skin so it has a gentle curve on its way to the drainage bag.
3. Place a clean gauze or drain sponge over the site where the catheter enters your abdomen. Secure it with paper tape (easy on the skin).
4. A small amount of drainage is expected. Call your doctor for persistent drainage of urine around the catheter, foul smelling drainage, redness or swelling around the insertion site, bright red drainage or if the catheter stops draining. This may indicate infection or dislodgement of the catheter.

### Changing Your Bag:

1. You should have two bags—a smaller bag which can be strapped to your leg and which you can use during the day and a larger (2 liter) bag to use overnight.
2. Detach your leg bag where it connects to the catheter. Pour out your urine.
3. Wipe off the emptying spout with an alcohol swab.
4. Take off the protective cap on the overnight bag's connective tubing. Attach the catheter to this tubing.
5. Place the protective cap over the leg bag's connective tubing. Set the bag aside.
6. Repeat the process in the morning when changing back to your leg bag for the day.

### Emptying Your Bag:

1. Empty your leg bag every 2 to 4 hours and your overnight bag in the morning. Do not let it over fill.
  2. Wipe off the emptying spout with an alcohol swab when you finish emptying urine.
  3. Rinse your bag with soap and water every day or two. A teaspoon of vinegar may be used in the rinse water.
-