**Suprapubic Care Inservice:**

**Definitions-**

- **Suprapubic**- means the area just above your pubic bone.
- **Catheter**- a hollow tube inserted into your bladder to drain away urine
- **Suprapubic Catheter**- a urinary catheter inserted into the bladder through the abdominal wall

**Possible Advantages of a Suprapubic Catheter:**

- More hygienic as it is away from the genital area where infection has an easy passage to the bladder via an indwelling urethral catheter.
- Easier to change and less embarrassing for the patient
- Pressure areas can occur with urethral indwelling catheters
- Sexual activity less inhibited with absence of urethral catheter
- Patient independence- patients can change their own catheter

**Possible Disadvantages of Suprapubic Catheter:**

- Catheter must be replaced immediately if it falls out as the opening may close over.
- Urine may still leak via the urethra especially if catheter is blocked or the drainage tube is kinked.
- Any tube going into the bladder can provide an entry for infection.

**Care Points with Managing a Suprapubic Catheter**

- Verify physician orders
- Wash hands before and after any contact with catheter
- Drink plenty of water, at least 2-3 liters per day unless restricted.
- Check catheter site at least daily for possible signs of infection or irritation (redness, heat, drainage, pain, fever, swelling)
- Maintain hygiene around catheter site
- Avoid use of powder, sprays or deodorants around catheter site
- Check the urine color, amount, clarity, smell at least daily for changes or problems, notify physician of any changes/problems
- Maintain drainage bag below the level of the bladder to allow for adequate drainage
- Continue bladder medication as directed by physician
- Maintain a closed drainage system as much as possible. Keeping the number of times you have to disconnect the bag to a minimum will reduce the chance of getting an infection.
- Have a spare catheter available at all time for emergencies.
Trouble Shooting Tips!

- **Catheter Not Draining** - Check for kinks in the tubing and ensure that the bag is below the waist, adjust the patient's position. Assess for constipation, which could block drainage. If the problem cannot be resolved, the catheter may need to be changed and/or notify the physician.

- **Urine Cloudy/Debris present** - Could be a UTI, make sure adequate fluid is being taken in, notify the physician for possible urine culture, investigate diet as a culprit. (Having a catheter in the bladder puts a patient at greater risk for developing bladder stones. Stones can possibly be the cause of urine infections and may cause drainage problems. If gritty or stones are causing a problem with the drainage, notify the physician.

- **Bleeding After Catheter Change** - After a catheter is changed there may be some trauma which may cause some bleeding. Ensure the catheter is still draining and increase oral fluid intake to dilute and flush out the blood. If bleeding continues, urine is not draining, pain or signs of infection are present notify the physician immediately.

- **Catheter Balloon Will Not Deflate** - Is the syringe inserted tightly into the balloon port as the syringe is drawn back? Try repositioning the patient. Check for kinks in the tube. Assess for constipation, a full bowel can occlude the inflation channel. Try a different syringe. If the problem persists, notify the physician immediately.

Suprapubic Catheters should be changed as frequently as ordered by the physician and according to company policy. (See below).