

How do I take care of myself at home?

- Keep **urine** flowing and free of infection.
Drink at least 8 to 12 glasses of water each day (unless told something different by your doctor).
Keep the tubing free of kinks.
Keep the urine collection bag below your waist.
- Empty the **urine collection bag** into the toilet when ½ full.
During the day, strap the smaller bag to your leg. At night, change to the larger bag.
- Change the **bandage** once a day.
Always wash your hands before and after.
Clean around the catheter site with mild soap and water, then pat the area.
Check the catheter site for signs of infection.
Do not use any creams, powders, or sprays near the catheter site.

When to get help

Contact your doctor right away if you notice:

- a fever above 38.5°C (101°F), aches, chills
- bleeding around the catheter site
- signs of infection at the catheter site (redness, bad smell, pus)
- signs of a bladder infection (urine cloudy, different colour, or smelly)
- continuous leaking urine around the catheter site
- no urine draining from the catheter (after checking for kinked tubing)
- pain that does not go away with pain medicine
- catheter comes out or breaks

Go to the nearest Emergency Department if you cannot contact your doctor.

Locations

Lions Gate Hospital Medical Imaging, Lower Level 231 East 15 th Street, North Vancouver	604-984-5775
Royal Columbian Hospital Medical Imaging, Columbia Tower 330 E. Columbia Street, New Westminster	604-520-4640
St. Paul's Hospital Medical Imaging, 2 nd Floor, Providence Building 1081 Burrard Street, Vancouver	604-806-8006
Surrey Memorial Hospital Medical Imaging, 1 st Floor, Lower Level 13750 96 th Avenue, Surrey	604-588-3308
UBC Hospital Medical Imaging, Main Floor 2211 Westbrook Mall, Vancouver	604-822-7076
Vancouver General Hospital Interventional Radiology, Jim Pattison Pavilion Station 4, Ground Floor, 855 West 12 th Avenue, Vancouver	604-875-4111 Ext 54770

HealthLinkBC

8-1-1

Call any time you have any questions or concerns. HealthLinkBC is open 24 hours. Available in 130 languages. For an interpreter, say your language in English. Wait until an interpreter comes on the phone.

www.fraserhealth.ca ♦ www.vch.ca

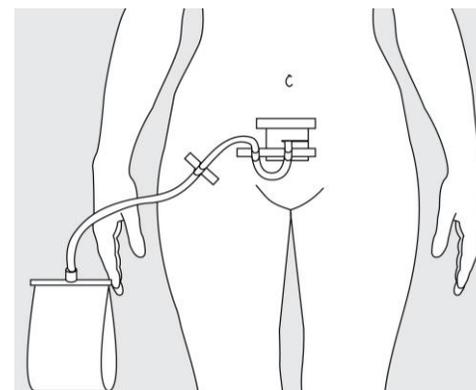
This information does not replace the advice given to you by your healthcare provider.

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Suprapubic Catheter

Putting one in place



What is a suprapubic catheter?

It is a soft, flexible tube used to drain urine from your bladder. Suprapubic is when the catheter is put into your bladder through a small hole in your lower abdomen.

Why do I need a suprapubic catheter?

People sometimes need this type of catheter if they have:

- bladder leaking (urinary incontinence)
- problems emptying their bladder (urinary retention)
- had a surgery where a catheter is necessary
- another health problem affecting the bladder

Who does the procedure?

A radiologist does the procedure (a doctor who specializes in image guided procedures). The radiologist uses ultrasound and fluoroscopy to accurately place the catheter. If you have questions about the procedure, you can ask the radiologist before your procedure.

Can I bring a relative or friend?

Yes, a relative or friend can stay with you before and after the procedure. However, for safety reasons, they cannot be in the room with you during the procedure. We let you know where they can wait while we do the procedure.

What do I need to do to prepare for this?

Our Medical Imaging Department contacts you with specific instructions about how to prepare for this procedure.

You must arrange for a responsible adult to drive or escort you home after this procedure.

What happens before the procedure?

An intravenous is started before the procedure. This allows us to give you pain medicine if needed. You are monitored both during and after the procedure.

What happens during the procedure?

The radiologist:

- Injects numbing medicine (similar to dental freezing) into the skin of your lower abdomen.
- Makes a small cut (incision) in the skin.
- Guides the catheter through the incision into your bladder using real time x-ray (fluoroscopy).
- Places a bandage over the area and secures the catheter to your abdomen with tape.

Will it hurt?

The numbing medicine keeps you from feeling pain where the incision is made. You might feel some pressure while the tube is being put into your bladder. We ask you often during the procedure if you are having any pain. If needed, we will give you pain medicine.

How long does the procedure take?

Every person and situation is different. It usually takes about 30 to 45 minutes to do the procedure.

What happens after the procedure?

We move you to a recovery area. You stay here for 1 to 2 hours. During this time, we check your catheter to make sure it is draining urine.

Are there any risks or complication?

Any time the skin is pierced or cut, there is a chance of infection. Other possible complications include:

- bleeding around the catheter site
- a blocked catheter
- leaking urine from around the catheter site

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Follow-up appointments

Either your doctor or our office arranges for a community health nurse to see you at home within the next 2 days. This nurse shows you how to care for yourself, the catheter, and urine collecting bag.

The community health nurse or your family doctor need to change the bandage within the next 48 hours. You might need to make an appointment for this.

Depending on the type of tube used, it might be changed in our Department every 6 weeks or by your bladder specialist (urologist).

Over the next week

- You might have some minor pain for the next 1 to 2 days. Take the pain medicine you would usually take for minor aches and pains.
- Your urine should return to normal color (no blood) within 1 day. Drink water to help this.
- **Do not** shower for the next 48 hours.
- **Do not** go in tub baths, swimming pools, or hot tubs until cleared by your doctor.
- **Do not** lift anything over 4.5kg (10lbs) or do any strenuous activities for 7 days.