

Suprapubic Catheter Care

A suprapubic catheter (SPC) is a flexible tube inserted through the abdominal wall directly into the bladder to drain urine. Proper care of the catheter is essential to prevent infections and ensure it functions correctly. Follow these guidelines to maintain your suprapubic catheter and promote your health.

1. Daily Care Routine

a. Wash your hands:

- Always wash your hands thoroughly with soap and water before and after touching your catheter or the insertion site.

b. Clean the insertion site:

1. Use mild soap and water to gently clean the skin around the catheter.
2. Pat the area dry with a clean towel.
3. Check for signs of redness, swelling, or discharge.

c. Check the catheter tubing:

- Ensure the tubing is not kinked or twisted to allow proper urine flow.
- Secure the catheter to your abdomen or leg using a catheter strap to prevent tugging or movement.

2. Emptying the Drainage Bag

a. Frequency:

- Empty the bag when it is about two-thirds full or every 4-6 hours, whichever comes first.

b. Procedure:

1. Wash your hands.
2. Open the drainage tap over a toilet or container.
3. Avoid letting the drainage port touch any surfaces.

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4. Close the tap securely after emptying.
5. Wash your hands again.

c. Night drainage bag:

- Use a larger capacity night drainage bag while sleeping. Ensure the bag is positioned below bladder level to allow proper drainage.

3. Changing the Dressing

- If your catheter has a dressing, replace it daily or when it becomes wet or soiled.
- Use sterile gauze or a pre-packaged dressing kit for the best results.

4. Preventing Infections

a. Stay hydrated:

- Drink 6-8 glasses of water daily unless otherwise instructed by your healthcare provider.

b. Maintain hygiene:

- Shower regularly and keep the catheter site clean and dry.

c. Avoid touching the catheter unnecessarily:

- Limit contact with the catheter and insertion site to reduce the risk of introducing bacteria.

5. Signs of Problems

Contact your healthcare provider immediately if you notice any of the following:

- Cloudy, foul-smelling, or blood-tinged urine.
- Redness, swelling, pain, or discharge around the insertion site.
- Fever, chills, or other signs of infection.
- Reduced or no urine output.

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- Leaking urine around the catheter.

6. When to Replace the Catheter

- Your healthcare provider will advise how often your catheter should be replaced.
- Do not attempt to replace or remove the catheter yourself unless specifically trained to do so.

7 . Tips for Comfort and Mobility

- Wear loose-fitting clothing to avoid pressure on the catheter.
- Position the tubing to prevent pulling or tension.
- Stay active as advised by your healthcare provider, but avoid activities that may strain or dislodge the catheter.

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