

SUPRAPUBIC CATHETER CARE AT HOME.

What is a suprapubic catheter

A suprapubic catheter is used to drain urine from the bladder. A catheter is inserted through a small incision (cut) in your baby's abdomen (tummy) into the bladder. The catheter is held in place by a small balloon on the inside or a stitch to the skin. It is often used after operations to urinary system as it allows it to rest while it is healing but may be done to allow your baby to grow before the main operation. Generally, the catheter will be inserted during the operation. In most cases, the suprapubic catheter is only needed on a temporary basis until the urinary system has recovered from the operation.

Equipment

The drainage system consists of the catheter (thin, plastic tube) and a collection bag. You will also need some tape and new collection bags. We will supply you with everything you need before you go home.

Instructions

- The catheter will remain in place until your child comes back to see the Surgeons to have it removed.
- Your baby can play with adult supervision, but no strenuous or boisterous play, which may cause damage to the catheter or the operation site.
- Make sure the catheter bag is secure.
- Keep the collection bag below waist level but off the floor.
- Keep the catheter as straight as possible - if it kinks, this will stop the urine flowing properly into the collecting bag.
- Ensure your baby feeds well - this will keep the urine flowing, reduce any discomfort and reduce the risk of an infection developing.
- Observe the skin around the catheter site for redness and/or leakage of fluid. The dressing may need to be changed or re-secured with tape to prevent the catheter from being pulled out.

Emptying the collection bag

You will need to empty the collection bag at least four times a day:

- Wash your hands
- Remove the end cap and open the valve at the bottom of the bag
- Empty the bag into a bowl
- Close the valve and replace the end cap.

Changing the collection bag

You should do this daily, or if the bag becomes disconnected.

You will need: A new collecting bag

- Wash your hands
- Bend the catheter over to stop urine leaking
- Remove the bag from the catheter.
- Attach a new collecting bag
- Straighten the catheter.

You should call the ward if:

- **Your child's urine becomes infected**
Signs of infection include darker than usual, smelly or cloudy urine. Encourage your child to drink more fluids and call the hospital.
- **Urine is not draining into the bag.**
- **Urine is leaking into your baby's nappy rather than the collection bag.**
- **The catheter falls out.**

PLEASE TELEPHONE TMBU FOR ADVICE, YOU MAY NEED TO COME TO THE ROYAL ALEXANDRA CHILDREN'S HOSPITAL TO BE SEEN.

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