

SUPRAPUBIC CATHETER

What is it?

A suprapubic catheter (SPT) is a tube placed into your bladder from your lower abdomen. The catheter will stick out from the lower abdomen. The catheter will have a stopcock attached to its end, where the residual urine can be drained and measured.

There is no pain associated with having an SPT.

How do you use the suprapubic catheter?

- Urinate as you would normally. Collect urine with the white toilet collections device (urinary hat) given to you by the hospital and measure the amount urinated.
- After urinating, drain the remainder of the urine left in your bladder (residual). Unhook the suprapubic catheter from the Velcro strap; take off the cap at the end; rotate the stopcock arrow to the side port and urine will begin to drain. Drain the residual urine into the clear measurement container until empty. When urine is done draining, turn the stopcock arrow back toward you to prevent urine from leaking out and replace the cap.
- On your urinary diary sheet measure and record the time, the amount urinated, and the amount drained from the suprapubic catheter (residual). Record all amounts in “cc’s” as opposed to ounces. Discard urine in toilet after measuring.
- Measure urine and residual every time you urinate.
- Continue to keep this log and every 1 to 2 days report the results to our office.
- When you are urinating good amounts and the amount of urine left over (residual) is low, then we will ask you to return to the office for SPT removal. The SPT catheter is typically removed within 1-5 days after surgery. There is no discomfort with removal of the SPT.
- If the suprapubic catheter is not draining any urine and you are uncomfortable (catheter is not working correctly), do not wait until you become extremely uncomfortable. Go to the emergency room.

- To help prevent infection, wash your hands with soap and water before emptying the suprapubic catheter.
- The suprapubic catheter and the skin around it should be cleansed daily with soap and water. You may wash the site in the shower with a washcloth in a circle-like motion outward away from the site. Rinse and pat dry.

