

Suprapubic catheter insertion: aftercare

You have had a suprapubic catheter (tube into the bladder through the lower abdomen) inserted to allow drainage of urine. This avoids the need for a tube being passed through the urethra.

This was performed by: _____

Date and time: _____

Blood pressure/Pulse on discharge: _____

Clinical condition on discharge: _____

What to expect afterwards:

- Rest, take it easy and avoid strenuous activity for the next 24-48 hours.
- You may have pain, bruising and discomfort near/around the incision site. This should improve over the next 24-48 hours. Please take painkillers for relief either at home or ask the nursing staff if in hospital.
- Slight oozing from your wound site is normal, if you see fresh blood or bleeding put pressure on it immediately. If it does not stop after 10 minutes of pressure then call for help - please attend the Emergency Department or call 999.
- Please let your district or community nurses know that you have had this procedure. They can provide advice on keeping the catheter site clean and about ongoing care.
- Some other problems that may occur:

Problem	How to deal with it
Overgranulation (overgrowth of the tissue surrounding the insertion site).	Contact your GP or the practice nurse for advice.
Urine not draining into bag.	Ensure there are no kinks in the tubing. Make sure the bag is below the level of the bladder.
Urine leaking through your urethra (the tube you usually pass urine through) – this can be caused by strenuous activity.	Ensure the bag is draining correctly. Contact your GP or the practice nurse for advice.
Urine leaking around your catheter.	Make sure the bag is not too full or pulling on your catheter. Contact your GP or the practice nurse for advice.
Prolonged pain or cramps.	Contact your GP or the practice nurse for advice.
Blood in your urine.	Drink plenty of fluids. Contact your GP or the practice nurse for advice.
Urine not draining after 2-3 hours.	Contact your GP or the practice nurse for advice.

When to seek help

Please contact us if you experience:

- New fresh or increased bleeding
- Pain that is not controlled with painkillers
- The catheter has fallen out – please go to the Emergency department as soon as possible as the tract will begin to close very quickly.

Please bring this information sheet with you if you seek medical attention.

Pain relief

If you have the following painkillers at home, take as follows if it is safe for you to do so:

- **Paracetamol** – do not take more than 8 tablets in 24 hours (unless you have been advised otherwise e.g. you have a reduced liver function).
- **Anti-inflammatory** – Ibuprofen, Aspirin, etc. You can take one of these in addition to paracetamol if you have moderate pain (unless you have been advised otherwise e.g. you have a duodenal ulcer).

As healing occurs, you will feel less pain. Once your pain is controlled and is mild, you should only take paracetamol. If your pain remains severe for more than three days or is not relieved by your painkillers, you should contact your GP.

Looking after your wound

Try to keep your wound dry for the next 48-72 hours after which you can remove the dressing and clean it normally.

When can I resume my normal lifestyle?

This will depend on how soon you recover. You should be able to resume most normal activities of daily living within 24 hours.

When can I drive?

If you have been given local anaesthetic only, you may drive later in the day. You should consider whether your wound or pain may prevent you from driving e.g. being able to perform an emergency stop comfortably. If you were given sedation, then you should not drive for the next 24 hours (see separate information sheet).

What happens next?

You will be invited by the Urology Procedures Department for routine exchange of your catheter within 10-12 weeks.

Contact us

Radiology Day Case Unit on 0118 322 8368 (Monday-Friday 8.30am-5pm).

Out of hours, please attend Royal Berkshire NHS Foundation Trust Emergency Department or your nearest Emergency Department (A&E).

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

RAD_0085

Radiology, September 2023

Next review due: September 2025