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The Continence Advisory Service is just one of the many services offered by Blue Care Brisbane.

The service is available to everyone in the community. Donations are appreciated.

Assistance Phone Numbers:

Doctor .....

Nurse .....

Hospital .....

### More Information

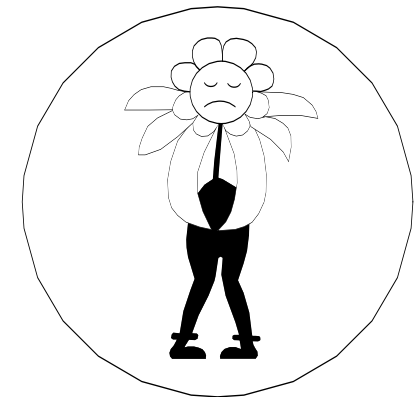
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## MANAGING YOUR SUPRA PUBIC CATHETER AT HOME



**BLUE CARE  
CONTINENCE ADVISORY  
SERVICE**



## Home Management of a Supra Pubic Catheter

A catheter is a hollow tube which will drain your bladder, into a bag. You will not need to pass urine yourself.

### Instructions to help you look after your catheter

#### Always wash your hands before and after handling the catheter and bags

1. Wash the area around your catheter and surrounding area 1 - 2 times a day with plain soap and water. Do not use scented soap. Dry with a soft towel.
2. Gently roll catheter between thumb and finger once a day, preferably following a shower.
3. Avoid use of talcum powder in the area.
4. Drink 2 litres of water a day in winter and 2-3 litres of water a day during summer. This means one cup full of water every hour you are awake unless advised by your doctor.
5. Make sure the catheter is strapped to your abdomen to prevent dragging.
6. Wear a leg bag when you are up and about. Connect the night bag to the leg bag on settling—**never left lying on the floor.**
7. Wipe both ends with an alco-wipe when you connect the bags.

8. Each morning after disconnecting the night bag, **empty** it, **rinse** with cold water, **wash** the bag thoroughly in warm water with mild detergent. eg. washing up liquid, and **rinse** with cold water, using a squeeze bottle, such as a clean sauce bottle.

9. If necessary, add 1 tablespoon of vinegar to half a litre of water in the final rinse. Drain and hang to dry.

10. Where possible, take regular exercise. Change position at frequent intervals if sitting or lying for lengthy periods.

11. Avoid constipation. Adequate fluid (2-3 litres) can include 150mls of pear juice daily

12. Avoid kinking the catheter or tubing.

Always keep bag below bladder level to ensure good drainage

13. Storage of Equipment

All sterile catheters and equipment should be stored in a cool, dry environment in the box provided. **DO NOT** fold your catheters.

14. Disposal

When disposing of used equipment seal in 2 plastic bags and discard into the rubbish bin

## Some common problems

1. Bladder cramps – quite common when the catheter is first inserted. These will pass in a day or two. If not, notify your doctor or nurse.
2. No drainage for four hours or more.  
Check:
  - Is tubing bent or kinked?
  - Is the bag below the bladder level?
  - Is the bag connected the right way up?
  - Have you been drinking enough?
  - Are you constipated?
  - Try moving around. This may dislodge a blockage.If four hours or longer pass and there is still no drainage, notify your nurse or doctor.
3. If there is leakage around the catheter it is not serious, but you should report this to your nurse
4. If the catheter falls out, seek immediate help from your doctor or local hospital.
5. If there is blood in your urine do not worry, but report it to your nurse. If bleeding is heavy, report it to your doctor.
6. Sexual activity may continue with a supra pubic catheter. Advice is available from your doctor or nurse.
7. Cranberry capsules, 10 gm a day, will help prevent infection and keep the urine clear.