



## SUPRAPUBIC CATHETER HOME CARE (SP TUBE)

### **Cleaning Instructions**

- Clean insertion site using soap and water daily.

### **Using Drainage Bags**

- You may use your leg bag during the day. It usually holds about a half quart of urine. Do not place straps too tightly on your leg, and alternate legs daily.
- At night or during the day, if you are lying down for long periods, use the larger drainage bag which holds about 1½ quarts of urine. Keep the drainage bag below the level of your bladder for downhill flow.

### **Emptying your Drainage Bag**

- Wash your hands with soap and water
- Place bag over toilet or measuring container.
- Keep drainage bag below the bladder, unclamp or twist cap to open and empty the bag. Replace cap, wash hands.

### **Cleaning Your Drainage Bags**

- Fill the bag you are not using with antibacterial soap and tap water. Let the water soak in the bag for 15 minutes, then empty.
- Rinse with tap water and let dry.

### **Switching Your Drainage Bags**

- Gather supplies. Wash hands with soap and water.
- Wipe all connections with alcohol.
- Remove bag, connect clean bag to catheter.
- Empty bag and clean as noted above.

### **Misc.**

- You may shower, but do not tub bathe.
- When cleaning your catheter, be careful not to pull too hard on the tube.
- Your SP catheter must be changed regularly (usually every 4-6 weeks).

### **Call Our Office if:**

- Catheter is not draining. (make sure tubing is not kinked)
- Fever over 101.5 degrees F.
- Chills, severe pain in the lower back, bladder, or abdomen.
- Persistent bloody urine.
- Urine leakage from around the SP insertion site or from the urethra
- Redness, drainage, or swelling around the SP tube.