

# Suprapubic Catheter



## How to Insert a Suprapubic Indwelling Catheter:

1. Wash your hands with soap and water.
2. Gather supplies.
  - A catheter recommended by your doctor (size of catheter will vary based on your needs)
  - A syringe to deflate the old balloon
  - Soapy wash cloth and wet cloth
3. Lie flat on back with legs flat. This position lines up the opening in the abdomen with the opening in the bladder.
4. Gently remove the old catheter by deflating the balloon using the syringe.
5. Wash around the abdominal opening with the soapy wash cloth and rinse with the wet cloth.
6. Wash your hands again.
7. Open kit, set up supplies. Place pad around abdominal opening. Put on gloves. Wet cotton balls with betadine. Remove plastic cover from the catheter and squeeze one inch of K-Y jelly on the catheter tip. Connect catheter tubing to leg bag. Remove the rubber cap from the syringe that has water in it.
8. Clean around the opening site with cotton balls soaked in betadine. Wipe from the skin closest to the abdominal opening outwards. Use each cotton ball only once.
9. Wash your hands.
10. Insert catheter gently into the opening, push straight. Go in about 4 inches. You should be able to feel the catheter touch the bottom of the bladder.
11. While holding the catheter in place, blow up the balloon with the full 10cc's of sterile water.
12. Gently pull back on the catheter until it stops.
13. Clean off any betadine left on the skin. Betadine can irritate the skin.
14. Wash your hands.

## DAILY CARE

# Suprapubic Catheter



Daily care involves washing around the opening and suprapubic catheter twice a day using soap and water. The area should be dried thoroughly. Avoid using powders.

## Key Points:

- Indwelling catheters may stay in for up to three months. Some factors to consider for changing the catheter include individual tolerance, pliability and crustaceous sensation in the lumen of the catheter.
- In the event the catheter is not draining well, consider the following:
  - Are you drinking enough fluids?
  - Is the catheter kinked?
  - If you have not changed it within a month, change the catheter.
  - Flushing/irrigation is the last problem-solving resort because it potentially introduces bacteria into the bladder. Only flush/irrigate per physician order and/or if the catheter has been changed within 48 hours.
- At first, there may not be any urine in the catheter because the bladder has not had time to collect any more urine since you removed the old catheter.
- Cover the opening with a piece of gauze.
- Save the syringe from the foley kit. Clean.