

## How to care for your Supra Pubic Catheter site

Your supra pubic catheter site is a potential entrance for infection and must be cared for daily. Always wash your hands with soap and water before and after catheter care.

Once the catheter has been inserted a small dry dressing will be applied to the site. Leave this in place for 36-48 hours and then remove it. Do not re-apply another dressing; the site will heal better uncovered. Applying a dressing will keep the site moist and more prone to poor healing and infection.

### Daily care of your supra pubic catheter site once the dressing is removed:

- Clean the site once a day using warm water and unperfumed soap. Using a clean flannel wipe away from the abdomen a little way down the catheter tube, never towards the site. This can be done by having a shower or bath or just cleansing the site.
- Observe the site for signs of infection. If the surrounding skin is red, hot, painful, hard, inflamed or there is an offensive discharge contact your Community Nurse or GP.
- Never use talcum powder or creams around the site of the supra pubic catheter, these can cause irritation.
- Use leg straps and/or a net sleeve to support the drainage bag to ensure it does not pull on the catheter causing trauma.
- Keep the site free of hairs as these can cause irritation, shave the area if necessary.
- Ensure the catheter and tubing does not kink and stop the flow of urine.
- Drink plenty of fluids each day to minimise the risk of the catheter blocking.

**If the catheter should fall out another one must be inserted within 30 minutes as the tract will begin to close up very quickly. Unless you can be seen by your GP or Community Nurse within this time you must go to the Emergency Department.**

Sometimes the skin around the supra pubic site can over granulate, that is form little extra pieces of tissue which can bleed easily. These can be treated with silver nitrate by your Community Nurse.

### Sources of information

Contact your GP or Community Nurse if you have concerns or problems with your supra pubic catheter, they can offer advice by telephone and arrange for you to be seen either by a nurse or your GP.

## Important information

The information in this leaflet is for guidance purposes only and is not provided to replace professional clinical advice from a qualified practitioner.

## Your comments

We are always interested to hear your views about our leaflets. If you have any comments, please contact the Patient Experience Team – Tel: 0300 131 4731 or by email at: [esh-tr.patientexperience@nhs.net](mailto:esh-tr.patientexperience@nhs.net)

## Hand hygiene

The Trust is committed to maintaining a clean, safe environment. Hand hygiene is very important in controlling infection. Alcohol gel is widely available at the patient bedside for staff use and at the entrance of each clinical area for visitors to clean their hands before and after entering.

## Other formats

If you require any of the Trust leaflets in alternative formats, such as large print or alternative languages, please contact the Equality and Human Rights Department.

**Tel: 0300 131 4500 Email: [esh-tr.AccessibleInformation@nhs.net](mailto:esh-tr.AccessibleInformation@nhs.net)**

After reading this information are there any questions you would like to ask? Please list below and ask your nurse or doctor.

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