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यह दस्तावेज़ अनुरोध किए जाने पर अन्य भाषाओं और प्रारूपों में उपलब्ध है।

ਇਹ ਦਸਤਾਵੇਜ਼ ਬੇਨਤੀ ਕੀਤੇ ਜਾਣ ਤੇ ਹੋਰ ਭਾਸ਼ਾਵਾਂ ਅਤੇ ਰੂਪਾਂ ਵਿੱਚ ਉਪਲਬਧ ਹੈ।

در صورت درخواست این سند به زبانها و شکلهای مختلف در اختیار شما قرار می گیرد.

یہ دستاویز دیگر زبانوں اور مطلوبہ شکلوں (فارمیٹ) میں بھی دستیاب ہے

هذه الوثيقة متاحة بلغات أخرى وباشكال غير الكتابة المقروءة وذلك عند الطلب

You may also find our other Specialist Continence leaflet series useful.

You can view or download them from the Trust's website at:

www.nottinghamshirehealthcare.nhs.uk/continence-advisory-service

Specialist Continence Services/Community Nurse contact details:



Specialist Continence Advisory Service

Local Partnerships



Patient Information Leaflet Number 10 Supra-pubic Catheter

This leaflet aims to provide you with information which will enable you to use your catheter with confidence in hospital or at home, and help to reduce the risk of infection.

What is a supra-pubic catheter?

Notes

A supra-pubic catheter is a soft, hollow tube which is inserted through a tract in the lower abdomen and into the bladder, it then drains urine. It is held inside you by a small balloon. If your catheter is for long-term use it will be changed every 12 weeks or sooner if necessary.

REMEMBER to reduce infection, always wash and dry your hands before and after touching your catheter or drainage system.

1. Drainage systems

There is a drainage bag for daytime use, called a leg bag. Leg bags are held in place with either straps or a support sleeve. At night-time a two-litre night bag can be attached directly to your leg bag to provide additional drainage. A Catheter Valve is an alternative to a drainage bag - please discuss this with your nurse or doctor.

2. Hygiene is very important

- Wash skin in the area where the catheter enters your body with mild soap and warm water daily or have a bath or shower.
- Inform your nurse or doctor if you notice redness or discharge around the catheter site.

3. Emptying your leg bag

Check your bag every 2-3 hours and empty the bag when it is $\frac{2}{3}$ full.

When you empty your leg bag you must:

- Wash and dry your hands.
- Open the tap at the bottom of the leg bag and empty the urine into a clean jug (kept specifically for this) or directly into the toilet. Be careful not to touch the bag tap against the toilet - (risk of infection).
- Close the tap and wipe it dry with a clean tissue.

- Wash and dry hands.

4. Changing your leg bag

- Change leg bag weekly.
- Wash and dry your hands.
- Empty the leg bag as above.
- Pinch off the end of the catheter using your thumb and forefinger (avoid touching the end of the connecting tube) if possible.
- Remove the leg bag from the catheter.
- Remove the cap and insert the nozzle of the new leg bag into the catheter.

5. Disposal of the leg bag

At home

- Dispose of the old bag by placing into a plastic bag and then into the dustbin. Do not burn on an open fire.

In hospital or care home

- Dispose of in clinical waste.

6. Attaching the night bag

- Wash and dry your hands.
- Remove the cap and then insert the nozzle for the night bag into the tubing at the bottom of your leg bag (below the tap).
- Make sure the tap on the night bag is closed.
- Open the tap on the leg bag and loosen straps.
- Wash and dry your hands.
- Put the night bag on the stand if available or place it in a bowl or bucket (use this for your night bag only).
- The night bag should be positioned below waist height to assist drainage.
- The night bag holds a large amount of urine so you don't have to get up during the night.

7. Removing the night bag

- Close the tap on your leg bag.
- Disconnect the night bag from the leg bag.
- Empty the night bag as in point 3.
- Wash and dry your hands.
- Night bags should be single use.

8. Disposal of the night bag

At home

- Flush the night bag through with water and change it every 7 days

In hospital or care home

- Dispose of in clinical waste.

9. Sex and catheters

- Sex is possible but it is advisable that the catheter tubing is secure and the drainage bag is emptied before sex.
- Use a sexual position where there is no increase in pressure on the catheter site.
- If you have any concerns relating to this please do not hesitate to contact your nurse or doctor for advice.

10. Drinks

To ensure your catheter drains well you should drink at least 7-8 drinks or 1.5 to 2 litres every day. Water and fruit juice are better than tea or coffee. Cranberry juice is known to help reduce the risk of infection, check with your nurse if it is suitable for you especially if you are on Warfarin or have diabetes.

11. Healthy eating

At least 5 portions of fresh fruit or vegetables and high fibre cereals every day helps to provide sufficient fibre to avoid constipation and

problems with your catheter draining.

12. Problems with your catheter

If it is not draining or leaking—Check the following:

- Are you sure you are not constipated?
- Is the tubing kinked or trapped?
- Are the catheter tube and bag below bladder level?
- Is the connection to the bag secure?
- Has the tap at the bottom of the bag been left open?

If you are in hospital or care home and your catheter is not draining properly tell your nurse or carer.

At home your Community Nurse will have discussed with you what action to take which will be written in your care plan.

If the catheter comes out it is important that you immediately insert a new catheter into the tract in abdomen to keep this open. Do not inflate the balloon but contact your nurse immediately who will re-catheterise you and secure the catheter.

Further Information

Further useful information can be accessed on the NHS website: www.nhs.uk