

Washing your overnight bag

1. Fill overnight bag with cold water.
Ensure outlet valve is closed
2. Shake/agitate for 30 seconds.
3. Empty water into toilet by opening valve
4. Repeat steps 1-3
5. Ensure the bag is completely dry before next use

Changing the urinary drainage bags

- The **leg bag/catheter valve** should be changed weekly. If you are unable to change it yourself, a community nurse may be able to assist.
- The **overnight bag** without a valve is for one use only and should be changed everyday
- The **overnight bag** with a valve should be cleaned daily and changed weekly

Catheter change

- **The first change of SPC will be conducted at St George Hospital Pelvic Floor Unit.** Subsequent changes will be completed by your local community nurse or NDIS provider.
- The catheter is changed every 4-6 weeks.

Troubleshooting

- If no urine is draining, make sure there are no kinks in the tubing and ensure adequate fluid intake. If the problem persists, contact your nurse or GP. If out of hours, you may need to present to your nearest emergency department.
- If the leg bag/ catheter valve disconnects from the catheter, please connect a new leg bag or catheter valve

If you need to order catheter supplies your Community Health Nurse will assist you with contact phone numbers

Catheter Brand : _____

Catheter FG Size: _____

Catheter Length: _____

Flip Flow Valve: _____

Leg Bag: _____

Night Bag: _____

Catheter change date: _____

Contacts

Hospital/Health Service: _____

Community Health Nurse: _____

Telephone Interpreter Service (TIS)

If you need an interpreter call TIS on **98286088**



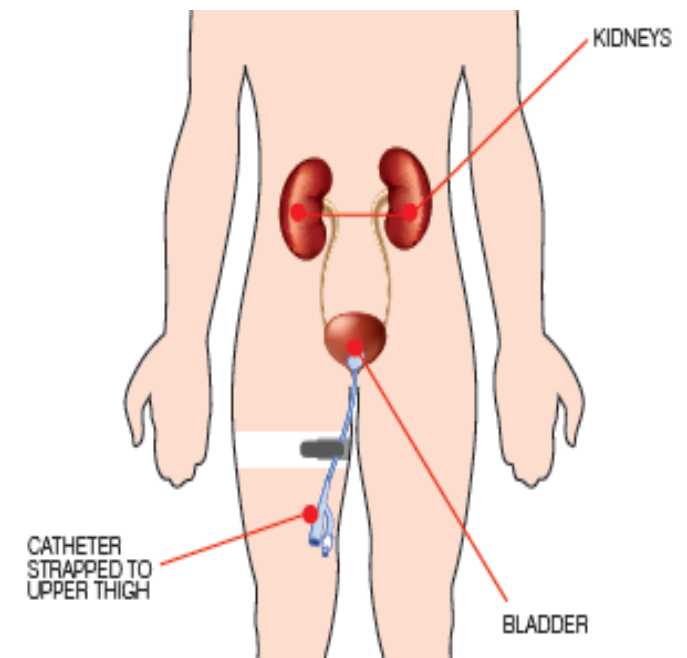
Reviewed By
St George Hospital
Consumer Advisory Group
Working together

South Eastern Sydney
Local Health District



Caring for your Suprapubic Catheter at home

A guide for Patients and their Carers



This information brochure explains how to care for your suprapubic catheter (SPC) at home.

A supra-pubic catheter is a tube that goes into your bladder through your abdominal wall which continuously drains urine from your bladder.

It is held in place by an internal balloon that you cannot see.

General care instructions

- Always wash your hands before and after touching the catheter and drainage bag.
- Empty the drainage bag regularly throughout the day, especially when you notice it is 3/4 full
- Wash around the site where the catheter enters the body with soap and water everyday
- Rotate the SPC 360° daily to prevent encrustation
- Secure the catheter to the upper thigh using a catheter strap. This should be alternated from left to right leg daily to prevent pressure injuries.
- The leg bag is to stay attached to the end of your catheter at all times. This will help prevent germs entering the catheter and causing an infection.
- Instead of a drainage bag, you may be suitable to have a catheter valve, which must be released every 3-4 hours to empty the bladder.
- Avoid constipation

Using a catheter valve

1. Wash your hands
2. Stand over the toilet and open the valve at the end of the catheter
3. The urine will drain out
4. Close the valve when the urine has stopped flowing out
5. Wash your hands

Emptying the leg bag

1. Wash your hands
2. Stand over the toilet and open the valve at the bottom of the leg bag.
3. The urine will drain out.
4. Close the valve when the bag is empty
5. Wash your hands

Attaching the overnight bag

1. Wash your hands
2. Attach the overnight bag to the bottom of the leg bag
3. Open the valve at the bottom of the leg bag
4. If the overnight bag also has a valve ensure it is closed
5. Wash your hands
6. During the night ensure the overnight bag remains below the level of your bladder to ensure adequate drainage.

Detaching the overnight bag

1. Wash your hands
2. Close the valve at the bottom of the leg bag
3. Disconnect the overnight bag
4. Empty urine into the toilet
5. Dispose or wash your overnight bag as directed below
6. Wash your hands

