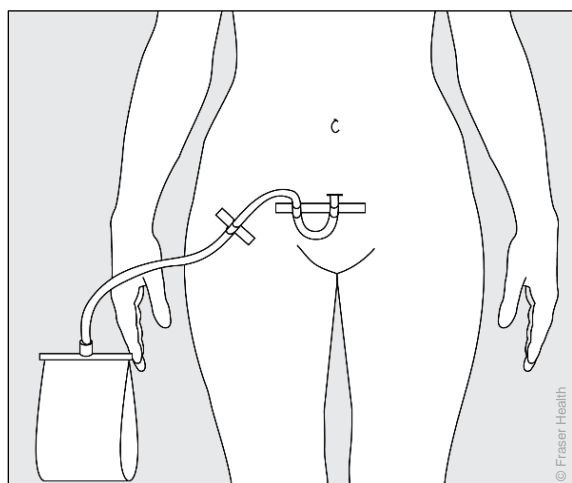


Suprapubic Catheter Surgery

Your Surgery and Recovery at Home

A catheter is a soft, flexible tube used to drain pee (urine) from your bladder. Suprapubic is when the catheter is put into your bladder through a small hole in your lower abdomen above your pubic bone. The catheter is held in place by a small balloon filled with water. You might have a stitch to hold it in place as well. Your urine drains into a urinary bag.



People sometimes need this type of catheter if they have:

- bladder leaking (urine incontinence)
- problems emptying the bladder (urine retention)
- a health problem affecting how the bladder works

The surgery usually takes about 15 minutes.

Appointments after surgery

See your surgeon 2 weeks after surgery.

My appointment is on: _____

You usually go home the same day of your surgery. This depends on your health before the surgery, and your recovery.

Going home checklist

- ☐ You have a ride home and someone to stay with you for 24 hours, or longer if needed.
- ☐ You know what medicine to take, as well as when and how to take them.
- ☐ You know what you cannot do for 24 hours (because of anesthetic) including:
 - * not driving or operating hazardous machinery
 - * not drinking alcohol or using any substance or street drug
 - * not making important decisions or signing legal documents

Family practitioner – Refers to family doctor or nurse practitioner

Caring for Yourself at Home

Incision care

Always wash your hands before and after touching around your incision.

You might have a bandage over the incision where the catheter goes through your abdomen. Keep the area clean and dry for the first 48 hours.

After the first 48 hours, you do not need to have a dressing. Some people prefer to have one. It is your choice.

Until the incision is healed:

- ✗ No soaking in a bathtub or hot tub.
- ✗ No swimming.
- ✗ No creams, lotions, or ointments on the incision (unless directed by your surgeon).

Caring for yourself

Balance your activity and rest for the first few days. Try to get at least 8 hours of sleep each day. Take rest breaks during the day, as needed.

You might notice a pink colour to your urine. It is normal to have some blood in your urine in the first 72 hours. Drink 2 to 3 litres of fluid like water each day to help clear your urine.

People with heart or kidney problems should check with their family practitioner about the correct amount of fluid to drink each day.

Caring for your urinary bag

Empty the urinary bag into the toilet or a clean container when it is $\frac{1}{3}$ to $\frac{1}{2}$ full. Never let the drain spout at the bottom of the bag touch the toilet or floor.

Only change the bag if the bag smells, leaks or is discoloured.

For more information, refer to the [Caring for your Urinary Bag at Home](#) factsheet or speak to your care provider.

Caring for your catheter

Always wash your hands with soap and water before and after doing catheter care, or emptying the urine bag.

Check the skin around your catheter every day for redness, swelling, or pus.

Clean the skin with soap and water once a day.

Keep the catheter and tubing free of kinks.

Any pulling on the catheter can damage your bladder. Never pull or tug on the catheter. There are different types of catheter holders that help prevent any tugging or pulling. Your health care provider will help you choose the best type.

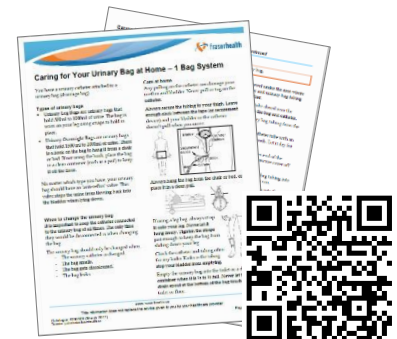
Changing the catheter

The urologist changes the catheter the first time in 4 to 6 weeks.

After this, catheters are usually changed every 8 to 12 weeks.

Ask your surgeon about your catheter change schedule at your follow up appointment.

If your catheter comes out by accident, it must be replaced quickly. Call your surgeon as soon as possible or go to the nearest Emergency.



Managing pain

You will have mild pain for 1 to 2 days after your surgery. If you have been living with pain before surgery, be sure to tell your surgeon how you manage this pain, such as with medicines, herbs, supplements, cannabis products, other substances, massage, yoga, meditation, etc. This helps your surgeon create the best plan with you for managing pain after surgery.

Your surgeon gives you instructions to take pain medicine. This might include a prescription for an opioid (narcotic).

Your pain should be at a comfortable level that allows you to move, take deep breaths, cough, and to do every day activities. Take your pain medicine regularly for the first day or so, even if you have just a little pain. Also do other things to help ease your pain or distract you from the pain, such as slow breathing, listening to music, watching T.V.

Non-prescription pain medicines:

- acetaminophen (Tylenol®)
- non-steroidal anti-inflammatory drugs (NSAIDs)
Examples: ibuprofen (Advil®, Motrin®)
naproxen (Naprosyn, Aleve®)

NSAIDs are not for everyone after surgery. If you have (or have had) health problems such as stomach ulcers, kidney disease, or a heart condition, speak with your surgeon or family practitioner before using NSAIDs.

Prescription pain medicines with opioids (narcotics):

- Tramacet® (tramadol and acetaminophen)
- Tylenol #3® (codeine and acetaminophen)
- Oxycocet® / Percocet® (oxycodone and acetaminophen)

Note: These medications also have 300 to 325mg acetaminophen in each tablet. All total, **do not** take more than 4000mg of acetaminophen in 24 hours (too much can harm your liver).

Safe use of opioid pain medicines

If you are using any medicines that have opioids (narcotics) in them, take note of the following safety information.

- Tell your surgeon if you have sleep apnea. Opioids can make your sleep apnea worse.
- Your pain should lessen over the first week. You should not need to take opioid pain medicine for more than 1 week.
- Always use the least amount possible for the shortest amount of time.
- Common side effects include constipation, feeling sick to your stomach (nausea), a dry mouth, sweating, dizziness, and feeling drowsy.

- **Do not** crush, cut, break, chew, or dissolve opioids before taking. Doing this could cause serious harm, even death.
- While taking opioid pain medicines, **do not** drive, drink alcohol, or start taking any new sleeping pills.
- Store opioid medicines in a secure place. Keep out of sight and out of reach of children, teens, and pets.
- Never share your opioid medicine with anyone else.
- Take any unused opioid medicines back to your pharmacy to be safely disposed.
Do not keep unused medicines at home.

Always read the label and/or information about how to safely take medication from the pharmacist.

Questions about medications? Speak to your local pharmacist. After-hours, call 8-1-1 and ask to speak to a pharmacist.

When to get help

Call your surgeon or family practitioner

if you notice any of the following:

- a fever over 38°C (101°F)
- no urine draining from your catheter for 4 hours and your bladder feels full
- urine that has a bad smell or a different colour
- blood or blood clots in your urine that does not go away with rest or drinking more fluids
- warm, red, swollen incision, or blood, urine, or pus (yellow/green fluid) draining from the area
- pain does not ease with pain medicine, or stops you from moving or recovering
- pain that continues 48 hours after your surgery
- the catheter has accidentally fallen out

If you live with a spinal cord injury, call your surgeon or family practitioner if you notice any of the following:

- more muscle spasms than usual
- a headache
- feeling sick to your stomach (nausea)
- feeling tired even after sleeping

Can't contact your surgeon or family practitioner?
Have any questions about your recovery?

- **Call Fraser Health Virtual Care**

10:00 a.m. to 10:00 p.m., daily

1-800-314-0999 fraserhealth.ca/virtualcare

- **Call 8-1-1** (HealthLinkBC) to speak to a registered nurse any time - day or night.

HealthLinkBC is available in 130 languages.

For an interpreter, say your language in English. Wait until an interpreter comes on the phone.

- **Call 9-1-1** if any of these happen:

- trouble breathing or shortness of breath
- chest pain
- sudden severe pain

Questions you might have:
