

## SUPRAPUBIC CATHETER DISCHARGE INSTRUCTIONS

### WHAT TO EXPECT

- A catheter was placed into your bladder through the lower abdomen/suprapubic area.
- The catheter drains into a small urine bag attached to your upper leg. A nurse will show you how to empty the bag at home. Blood in the urine is normal and will improve.
- The opening created for the catheter is called a stoma. Place clean gauze around the area and tape loosely.

### ACTIVITY INSTRUCTIONS

- Anesthesia takes **24 hours** to wear off. No driving/operating heavy machinery during this time.
- Please REST and take it easy after surgery. Anesthesia can make you feel light headed and dizzy.
- It is ok to shower the day after surgery. The catheter is waterproof. Clean the skin around the stoma daily using soap and water. No submerging in tub baths, pools, hot tubs as this may cause an infection to the catheter site.
- Increase your daily activity and exercise gradually as tolerated.
- Avoid strenuous activity or heavy lifting (greater than 10-15 pounds) until cleared by the doctor.
- Please consult your doctor on when you can resume sexual activity.

### DIET INSTRUCTIONS

- Eat a light meal after surgery as anesthesia can make you nauseous. Nothing greasy or spicy.
- Resume your normal diet as tolerated.
- Increase your fluid intake and hydration (preferably water) over the next week.

### MEDICATIONS

- Take Tylenol (500 mg every 6 hours) as directed for any pain or discomfort. Once blood in the urine clears, you can take Ibuprofen (Motrin, Advil etc.) 600 mg every 6 hours. It is safe to take these together or alternate every 3 hours.
- If you were prescribed a narcotic medication for more severe pain, please take only as needed and do not drive while taking as it can cause confusion, drowsiness and constipation. Over the counter stool softeners are available if needed.

### CONTACT YOUR DOCTOR'S OFFICE IMMEDIATELY IF YOU EXPERIENCE THE FOLLOWING:

1. Fever greater than 100.6, severe chills, continued nausea or vomiting
2. Drainage, pus, or increased bleeding from the catheter insertion site
3. Increasing amount of blood in your urine or very large blood clots

*Please go to your nearest Hospital Emergency Department if you experience chest pain, difficulty breathing, or other emergency signs or symptoms.*

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4. Inability to urinate

### **FOLLOW-UP**

- Call your doctor's office to arrange a follow-up appointment (if not already scheduled).
- Your doctor will advise when your suprapubic catheter will need to be changed or removed.

**\*If you have any questions or concerns regarding your surgery (even after business hours or over the weekend), PLEASE CALL THE 24 HOUR ON CALL NURSE at 224-612-7000.**