

## **Looking after your Supra Pubic Catheter at Home**

**It is important to empty your catheter every 2 – 4 hours during the day via the catheter valve.** Because you have a catheter and valve in place that does not mean that you cannot pass urine in the normal way as well. If you can pass urine normally – it is important to still empty via the catheter afterwards as well.

**It is important to turn the catheter in a circle (360°) each day.** This helps the track to form and prevents the catheter sticking to the bladder wall. Turning the catheter may help to make catheter changes easier. You will need to put a small dressing over the site of the catheter until the wound heals. It is best to clean and replace the dressing once a day until the wound is healed.

The community Continence Nurse Advisor will arrange an appointment for your first catheter change in approximately six weeks. After the first change the catheter is usually changed approximately every four weeks.

You may experience some bladder spasms when the catheter is new or has just been changed. These spasms may result in some leakage around the site of your catheter. If this leakage occurs it usually lasts only for a day.

**On the day of your catheter change** it is important NOT to empty your bladder for approximately TWO HOURS before the appointed time. The reason is that it is important for us to see a good flow of urine following insertion of the new catheter.

Make sure you understand the written information “Looking after your Catheter at Home”. If you have any questions or concerns ring your Nurse at Southcare on 9540 7570 or 9540 7175.

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