



For more information please visit us online at: <http://www.osmh.on.ca/diagnostics/>

If you or your support person do not clearly understand the procedure, please ask for clarification



SUPRAPUBIC CATHETER¹

What is it?

A suprapubic catheter is a thin, flexible tube inserted through a small opening in the lower abdomen, just above the pubic bone, to drain urine directly from the bladder. It is an alternative to a catheter placed through the urethra and is commonly used when long-term or specialized urinary drainage is needed.

Suprapubic catheters require routine changes, typically **every 4–12 weeks**, to ensure proper function and prevent complications.

Why do I need it?

You may require this procedure if you experience any of the following conditions:

- Urinary incontinence or retention.
- Prostate conditions (enlargement, cancer, or surgery).
- Pelvic organ prolapse or genital surgery.
- Neurological conditions (spinal cord injury, paralysis, multiple sclerosis, Parkinson's disease).
- Temporary bladder control loss (e.g., due to an epidural).
- Urethral issues (stricture, phimosis, scarring, or buried penis).



HOW IS THE PROCEDURE PERFORMED?

Before

For specific questions regarding the clinical need for this procedure, please contact your ordering provider.

Patient Preparation:

You should wear loose-fitting clothing that is easy to change out of. Please bring a list of the medications you are currently taking and a list of any drug/medication allergies you may have.

New Insertions (i.e. never had a tube before):

- Arrange for someone to **drive you home after the procedure**.
- You may have clear fluids up to **four hours** before the procedure. Continue taking your morning medications, **except for blood thinners** (see next page), with a small sip of water.

Tube Exchanges (i.e. you already have a tube):

- Arrange for someone to drive you home after the procedure.
- You can eat and drink normally and take your usual medications before the procedure. You do not need to stop taking blood thinners for tube exchanges.

One support person (spouse, friend, caregiver, family member) may accompany you on the day of your appointment, but not into the procedure room.

Please phone the Diagnostic Imaging booking line at **705-325-2201 ext. 3505** for cancellations or rebooking if you are unable to attend your appointment.

Bloodwork:

Your doctor or healthcare provider will order bloodwork and it must be **within 1 week before** your scheduled procedure to ensure we receive your results before your appointment. Unavailable bloodwork results may cause a delay or rebooking of your procedure. **This applies to new tube insertions, only.**

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Before (Continued)

Medication:

Your doctor or healthcare provider will also ask you to stop any blood thinners you take (also known as anticoagulation or antiplatelet medications). Talk to your doctor or healthcare provider about which medications need to be stopped prior to the procedure, for how long, and when you can safely start them again. **This applies to new tube insertions, only.**

The following medications must be stopped prior to the procedure as per the listed times. Discuss this with your doctor or healthcare provider if you have concerns about stopping any of the below medications:

Medication		Number of Days to Hold
Enoxaparin	(Lovenox)	Withhold 1 dose before procedure
Dalteparin	(Fragmin)	Withhold 1 dose before procedure
Apixaban	(Eliquis)	Withhold 3 days before procedure
Rivaroxaban	(Xarelto)	Withhold 3 days before procedure
Dabigatran	(Pradaxa)	Withhold 4 days before procedure
Warfarin*	(Coumadin)	Withhold 5 days before procedure until target INR ≤ 1.8
Clopidogrel	(Plavix)	Withhold 5 days before procedure
ASA	(Aspirin™)	Withhold 5 days before procedure

*Patients on **Warfarin (Coumadin)** require a new INR drawn 1 day before the procedure.

Coming To The Hospital

You must first sign-in with **Centralized Patient Scheduling & Registration (CPSR)**, which is located immediately to your left when you enter the hospital from the main entrance (off Dunlop Street, across from the gift shop). You'll receive a wristband and, for new tube insertions, be directed to **Day Surgery**. They'll prepare you and take you to **Diagnostic Imaging** at your scheduled time. For tube exchanges, **CPSR** will send you directly to **Diagnostic Imaging**.

Please bring to the hospital your OHIP card and a list of current medications you are taking.

You may also bring a book, water, phone/tablet with earphones, and a snack in a small bag for when you are recovering from the procedure.

During

This procedure is performed in the Interventional Radiology Department of Diagnostic Imaging.

The duration of your appointment time will vary from 30 – 90 minutes.

You will recover in the Post Anesthesia Care Unit (PACU) for another 1 – 2 hours (new insertion, only)

1. You will be asked to remove your clothing from above and below the waist and put on a hospital gown.
2. A Medical Radiation and Imaging Technologist (MRIT) will explain the procedure and answer any questions you have before the procedure.
3. You will lie on your back on a table. You will receive pain medication for a new tube insertion only.
4. This is an aseptic procedure; your pelvic region will be cleaned using a hospital-approved cleansing agent, and sterile drapes applied.
5. To assist with your comfort, a radiologist will inject a numbing agent, called Lidocaine, at the procedure site. This freezes the area. This should be the only pain or discomfort felt during the procedure.
6. The radiologist will use ultrasound and fluoroscopy to perform the procedure.
7. A dressing is applied once the procedure is completed.
8. The Foley catheter will be removed at the end.



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WHAT TO EXPECT AFTER



Recovery & Going Home

New Tube Insertion (i.e. never had a tube before):

You will be sent to the **Post Anesthesia Care Unit (PACU)** to recover from the procedure. Before being discharged, bloodwork may be taken to determine if you have met recovery standards.

You will need someone to drive you home after the procedure. Don't drive for the next 24 hours or while you're taking strong pain medicine. If you were given medication to help you relax or manage pain during the procedure, then you cannot drive for the next 24 hours.

Tube Exchanges (i.e. you already have a tube):

Recovery is generally not required and you are able to leave directly from the Diagnostic Imaging department. We advise you have someone else drive you home.

There will be a drain bag attached to your thigh to collect the urine from the bladder.



Diet & Activity

- Rest for the day and take it easy for 1–3 days (for new insertions).
- Have an adult family member, caregiver, or friend stay with you the night after the procedure in case you need help.
- Resume your normal diet, but if you feel nauseous, try bland, low-fat foods like rice, chicken, toast, or yogurt.
- Stay hydrated by drinking plenty of fluids.
- Limit caffeine, alcohol, and spicy foods, as they may irritate your bladder.
- Avoid strenuous activity or heavy lifting for a few weeks to allow healing.



Wound Care

- You will need to take care of the area around the tube to prevent infection and ensure proper healing.
- We will contact Ontario Health atHome (Home Care) on your behalf to arrange for general wound care and dressing changes.
- It is important to keep the area dry and clean to prevent infection.



Bathing²

- You can shower normally with the tube, but avoid baths or hot tubs to reduce the risk of infection; clean the skin around the catheter daily with warm water and a mild soap, then gently pat it dry.
- Keep the area around the tube dry to prevent infection.
- Talk to your Ontario Health atHome (Home Care) nurse **before showering** to see if covering the dressing with a waterproof material, such as plastic wrap or a purchased product (such as *AquaGuard*, *Leukomed T Plus*, *Sealtight Shield Dressing Protector*, *Shower Shield*, etc.) will benefit you.
- You should discuss best practice options with your Ontario Health atHome nurse. These types of covers are available online through sites such as **Amazon Canada** or at home healthcare stores, such as **WellWise by Shoppers Drugmart**.

You should empty the drainage bag before showering.



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Medication

- If your doctor or healthcare provider advised you to stop any medications for this procedure then consult with them first about the safety of when you can start your medications again;
- Otherwise, resume your normal medication schedule.
- If you **normally** take acetylsalicylic acid (Aspirin™) or another blood thinner medication, ask your doctor or healthcare provider when to start taking it again. Make sure that you understand exactly what they want you to do;
- Otherwise, **do not** take (Aspirin™) or anti-inflammatory medicines (such as ibuprofen) for one **week** after the procedure (for new insertions, only).



Special Instructions³

- **Keep your drainage bag below the level of your bladder at all times.** Take care not to lie on the tubing or allow the tubing to kink.
- The drainage bag should be attached to your **thigh**. **DO NOT** attached below your knee as this may cause your tube to become dislodged.
- The drainage bag should be emptied when it is half full. This will reduce the chances of your tube being dislodged from the weight of the bag.

How to empty your drainage bag:

- i. Wash your hands with soap and water.
- ii. Record the amount of fluid in the bag prior to drainage.
- iii. Stand beside a toilet (or over a container) and open the drain valve at the bottom of the bag.
- iv. Empty the contents of the bag into the toilet / container.
- v. Clean the drainage port with soap and water, dry it with a tissue, and then close it.
- vi. Wash your hands again with soap and water.

Your bag should be changed every 7 days (**at most** – your care team may recommend changing the bag more frequently). The home care nurse will show you how to change your drainage bag.

Note:

If your suprapubic catheter becomes pulled out (partially or fully) or is cracked, blocked or not draining properly (i.e. leaking around the tube), then contact your urologist or the **Diagnostic Imaging Department at OSMH by phoning 705-325-2201 ext. 3505** to have your follow up appointment expedited.

Follow up:

Routine change in: ☐ 1-month ☐ 2-months ☐ 3-months ☐ OTHER: _____

For outpatients, the Diagnostic Imaging Department will contact the patient with a tube change appointment.

If you are currently a patient in the hospital, please advise the doctor looking after you of any upcoming tube changes you have booked. Your first suprapubic catheter change is typically scheduled by Diagnostic Imaging; subsequent changes can be performed by your urologist or another qualified healthcare provider.

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WHEN TO SEEK HELP¹⁻⁴



Call 911:

If you believe you require emergency care – **call 911**. Reasons to call 911 include:

- You have passed out (lose consciousness), or become very dizzy, weak, or less alert
- You have severe trouble breathing
- You have a fast or uneven pulse
- You experience sudden chest pain and shortness of breath; and/or
- Significant bleeding from the procedure site (i.e. bright red blood that won't stop)¹



Call your doctor, healthcare provider, or Health Connect Ontario immediately if you experience:

- Increased pain, redness, swelling, warmth, or pus around the catheter site.
- Redness or warmth around the procedure site or pus or blood draining from the procedure site
- A fever (more than 100°F / 38°C)
- Chills, with or without fever
- Bright red blood has soaked through the bandage / dressing over the procedure site.
- You have new or worse pain at the procedure site.
- Swelling around the catheter site or in your belly.
- You have blood in your urine for more than 48 hours.
- Pain in your back (flank pain), groin, or abdomen.
- You are vomiting or nauseated.
- Urine leaking around the catheter or from the urethra.
- Urine does not collect in the drainage bag.
- Your tube becomes dislodged or pulled out.

Health Connect Ontario may be reached 24-hours a day, including weekends, by:

- Calling 8-1-1
- Calling 1-866-797-0007 (TTY – teletypewriter service)
- Visiting <https://healthconnectontario.health.gov.on.ca/> and selecting “Chat with us”

BRING THIS INFORMATION PACKAGE WITH YOU SHOULD YOU URGENTLY NEED TO SEE YOUR DOCTOR OR GO TO THE EMERGENCY DEPARTMENT OF YOUR NEAREST HOSPITAL.

Use this material for your information only. It does not replace advice from your doctor or other health care professionals. Do not use this information for diagnosis or treatment. Consult with your health care provider about a specific medical condition.

References:

1. Suprapubic Catheter. Accessed November 24, 2024. Cleveland Clinic. <https://my.clevelandclinic.org/health/treatments/25028-suprapubic-catheter>
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3. Suprapubic Catheter Care: Care Instructions. 2015. Accessed November 24, 2024. MyHealth.Alberta.ca. <https://myhealth.alberta.ca/health/AfterCareInformation/pages/conditions.aspx?hwid=zc1241>
4. Suprapubic Catheter. 2012. Accessed November 24, 2024. Bladder and Bowel Community. https://www.bladderandbowel.org/wp-content/uploads/2017/05/BBC039_Suprapubic-Catheters.pdf

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