



Saskatchewan
Health Authority

Suprapubic Catheter

Education Booklet

TRAINING PURPOSES ONLY



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saskhealthauthority.ca

Suprapubic Catheter Education Booklet

A suprapubic catheter was placed by your doctor to help empty your bladder. This flexible tube is put in the bladder through an incision in your lower belly during surgery. You may be instructed to go home with your catheter connected to a drainage bag. A catheter may take some time to get used to, but support is available through your healthcare professional.

Suprapubic Catheter Information

- ⇒ Your suprapubic catheter is a _____, size _____ French.
- ⇒ The length of the external part of your tube is _____ cm.
- ⇒ Your catheter has a balloon that sits in your bladder and helps hold the tube in the right place.
Your balloon volume is _____ mL.
- ⇒ Your catheter is changed every _____ weeks.

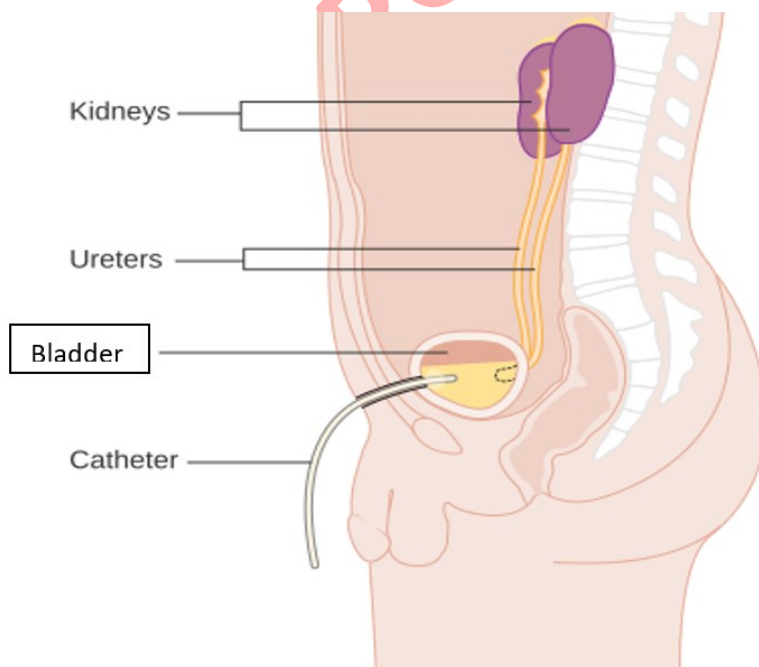


Image by [Cancer Research UK](#) via Wikimedia Commons is licensed under [CC BY-SA 4.0](#).
("Pouch" changed to bladder)

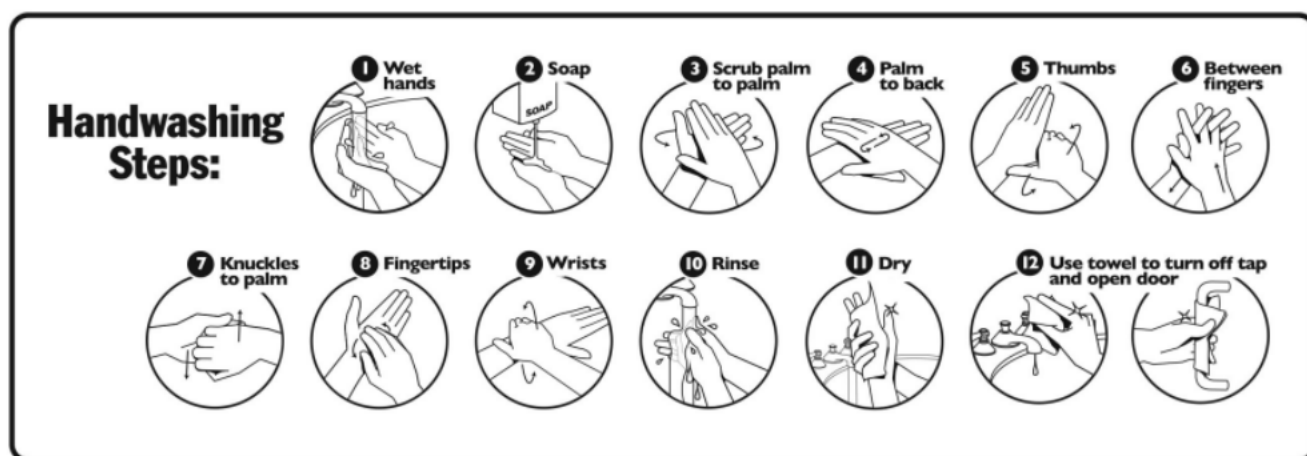
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Care of the Catheter Site

Good hand hygiene is one of the most important parts of caring for your catheter at home. One of the most common problems with having a catheter is a urinary infection due to germs entering from the surrounding skin or catheter.

Use soap, scrub for at least 15 seconds, rinse and dry hands well.
These steps all work together to remove germs.



Scrub for at least 15 seconds, then rinse.

FIND MORE HANDWASHING RESOURCES AT: www.germsmart.ca



Images courtesy of SHA Creative Services Team (hand hygiene).

Cleaning Your Catheter Site:

- Clean around your catheter tube site every day using a mild soap and warm water.
- Dry the catheter site well. A cotton swab may be used to help dry the catheter tube site.
- You may have a shower, but check with your doctor about bathing, hot tubs and swimming pools.
- Avoid using creams, lotions, powders or sprays near the catheter tube site unless ordered by your doctor.

Care of the Catheter Site

Changing Your Catheter Site Dressing:

If you have a dressing in place, change the dressing:

- Once a day
- If the dressing falls off
- If the dressing becomes wet or dirty

Follow these steps when changing your dressing:

Wash your hands with warm water and soap. Rinse well with water and pat dry.

1. Gather your supplies:

- Mild, unscented soap and water
- Small plastic trash bag
- Cotton ball or cotton swab
- Normal saline
- Drain dressing
- Surgical tape
- Catheter securement device (for example, FlexiTrak)

All of the supplies can be purchased at your local pharmacy.

2. Take off the old dressing, being careful not to pull the tube. Check the dressing for any unusual or bad-smelling drainage. Throw away the old dressing.



ALERT: If you have any unusual or bad-smelling drainage, please contact your healthcare provider.

3. Wash your hands again as before.

4. Look carefully at where the tube leaves the skin. Check for any unusual or bad-smelling drainage, swelling, bleeding or skin irritation. If you see any of these, please contact your healthcare provider.

5. Wash around the tube site gently with mild soap and water. Rinse well with water and gently pat dry.

Care of the Catheter Site

Changing Your Catheter Site Dressing (Continued):



Image by BruceBlaus via Wikimedia Commons, licensed under [CC BY-SA 4.0](#).

NOTE: Even though the image shows the use of gloves, this is not necessary in the home setting.

6. Use a cotton tip swab or a cotton ball with normal saline on it to clean anything left around the catheter that does not come off with soap and water. Start at the place where the tube comes out of the skin and clean outward 5 centimetres (cm) in a circular motion. Let the area dry.
7. Place the drain dressing around the tube. Place tape around the dressing to keep it in place.
8. Secure the catheter tube to your abdomen with a securement device (for example, Flexi-Trak®) so it cannot be pulled out. Be careful not to pull the catheter—allow enough room to insert 2 fingers under the catheter.
9. Wash your hands well with warm water and soap. Rinse well with water and pat dry.

If Your Catheter is Attached to a Drainage Bag:

- Empty your drainage bag when it is just over half full. Remember, the smaller leg bag will need to be emptied more often than the larger bag.
- You should empty the drainage bag when you change from one type of drainage bag to the other.
- Please note that changing your drainage bag from one to another can increase your risk for infection.
- Be sure the tubing to the drainage bag is below the level of your bladder. This is done so that the urine does not drain back into your bladder, putting you at risk for infection.

Steps to Emptying your Drainage Bag:

- Before emptying your drainage bag, wash your hands with warm water and soap. Rinse well with water and pat dry.
- Clean the spigot / drain port of the bag with a 70% alcohol swab for at least 30 seconds. Let air dry.
- Unclamp the spigot / drain port and empty the urine into a clean container, preferably with measured markings.
 - ⇒ Be sure not to touch the end of the spigot / drain port with the container to avoid contaminating it.
 - ⇒ Using a clean container with measured markings allows you to know how much urine you are passing. If the doctor requests to know how much urine you are passing, mark down each time you empty the drainage bag and take your recordings to your doctor.
- Note the colour of your urine. Urine should be clear and have a yellow colour. Right after surgery, you may have a small amount of bloody urine, and this is normal. Notify your doctor if the urine becomes cherry coloured or has clots. If the urine appears pink or like “fruit punch”, rest and increase fluid intake.
- Be sure to close the clamp on the drainage bag after you drain the urine.
- Clean the spigot / drain port of the bag with a 70% alcohol swab for at least 30 seconds. Let air dry.
- Wash your hands well with warm water and soap. Rinse well with water and pat dry.
- Keep the tubing free of kinks so that the urine can drain easily.

Disconnecting the Night (Larger) Bag:

1. Close the leg bag's spout (so the leg bag now collects the urine).
2. Clean the connecting port of the leg bag and the tubing of the secondary bag with a 70% alcohol swab for at least 30 seconds. Let dry.
3. Disconnect the larger urinary drainage bag.
4. Empty disconnected urinary drainage bag. Clean and store the secondary bag as per the manufacturer's directions.
5. Place the leg bag, fabric side to skin, on your calf (if not already in place). Gently secure the straps around the leg and attach the closure to the other end of the strap to hold in place. Be careful not to secure the straps too tightly, as this may be uncomfortable, cause circulation problems, or skin breakdown.
6. When disconnecting the drainage bag from the leg bag to a night bag, the drainage bags must be discarded 7 days from first use, or if the bag is leaking, damaged, discoloured, stiff and brittle, or a strong odour persists after cleaning.

Connecting the Night (Larger) Bag:

1. Empty the leg bag and close its drainage spout.
2. Remove and discard gloves, wash hands and put on a new pair of clean gloves.
3. Clean the connecting port of the leg bag and the tubing of the secondary bag with a 70% alcohol swab for at least 30 seconds. Let dry.
4. Close the drainage spout on the secondary bag, connect it to the leg bag, and open the spout on the leg bag.
5. Ensure there is enough slack in the tubing and that it is short enough to prevent kinking or twisting but long enough to prevent pulling on the catheter.
6. Make sure that the catheter is draining and that there are no kinks in the tubing

Cleaning Your Urine Bag

1. Wash your hands with warm water and soap. Rinse well with water and pat dry.
2. Clean and disinfect the work area using a disinfectant.
3. In one 500 mL container, mix a few drops of liquid dish soap into 250 mL of tap water.
4. In another 500 mL container, make a 1:3 vinegar to water solution (example: 75 mL white vinegar to 225 mL of tap water).
5. **Linked system:**
 - Close the leg bag spout, so the leg bag now collects the urine. Clean the connecting point of the leg bag and the secondary bag with a 70% alcohol swab. Disconnect the secondary bag from the leg bag.
6. **Non-Interlinking system:**
 - Disconnect the existing drainage bag from the catheter.
 - Wash your hands with warm water and soap. Rinse well with water and pat dry.
 - Swab the end of the catheter connection and previously cleaned (or new) drainage bag with a 70% alcohol swab, and connect the cleaned (or new) drainage bag.
7. Empty the drainage bag. If the bag has a colour change or is damaged, discard it.
8. Wash your hands with warm water and soap. Rinse well with water and pat dry.
9. Draw up a soap solution using a catheter tip syringe or a squeeze bottle and add it to the bag. Repeat until all of the solution is added to the bag.

Cleaning Your Urine Bag (Continued)

10. Gently shake the solution in the bag for 30 seconds to loosen any deposits. Make sure that all areas of the bag are clean, including the drainage spout and tubing. Inspect for damage or leaks and discard the bag if necessary.
11. Open the drainage spout and drain the soapy water through the spout and tubing. Flush the bag with clean tap water until the water runs clear through the tubing and spout. Make sure there is no soap residue in the bag, drainage spout or tubing.
12. Draw up the vinegar solution using a catheter tip syringe or squeeze bottle and add to the bag. Repeat until all of the solution is added to the bag.
13. Gently shake the solution in the bag for 30 seconds.
14. Allow the solution to sit for 15 minutes. Open the drainage spout and drain the solution through the spout and tubing.
15. Allow the drainage bag, spout and tubing to dry on a clean, dry surface that is open to air. Make sure that the open spout and connector tubing do not touch any surfaces.
16. Wash any reusable items (Example: squeeze bottle, measuring cup) with hot soapy water after every use. Rinse out and allow to air dry. Replace items if damaged, discoloured, or they become hard, brittle or soft.
17. Wash your hands with warm water and soap. Rinse well with water and pat dry.

When to Call Your Healthcare Professional:

- Stones or sediment in the tubing or drainage bag
- If you have a temperature of 37.9°C or higher
- If you have redness, warmth, pain or pus-like drainage around the tube site
- If you have bladder pain, or pain in your lower back just below your rib cage
- If you have an open sore by the tube site
- If you have urine leaking around the tube site
- If you have no urine draining
- If you have a feeling of bladder fullness or a concern that the tube is plugged
- If you have cherry-coloured urine or clots
- If your catheter tube falls out

Your Urologists Name:

Phone Number:

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Healthy People, Healthy Saskatchewan

The Saskatchewan Health Authority works in the spirit of truth and reconciliation, acknowledging Saskatchewan as the traditional territory of First Nations and Métis People.

PIER—Patient Information and Education Resource

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