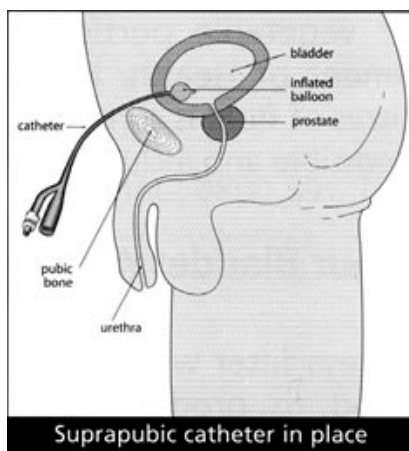


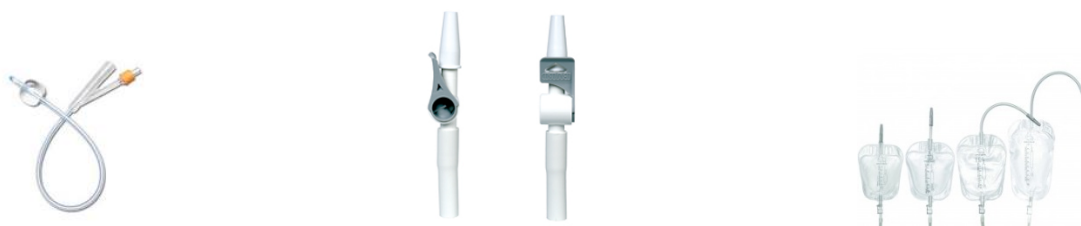
# Care of supra pubic catheter

## INFORMATION FOR CHILD AND PARENTS/CARERS AND SCHOOL STAFF

Some children are unable to empty their bladders properly. Some children are born with problems that affect how their bladder empties. Others have problems post operatively or through trauma/injury. If the bladder cannot empty properly the child may get infections or have problems wetting. Urine can track back up towards the kidneys and can cause damage to the kidneys. Your child's doctor may feel that a supra pubic catheter is the most effective way to empty their bladder.



A catheter is a hollow soft tube which is used to drain urine from the bladder. The tube goes through the tummy wall under your belly button and into the bladder. The first catheter is always put in by a doctor at the hospital whilst you are asleep (general anaesthetic). It is a simple procedure that is usually done as a day case.



A supra pubic catheter has a balloon on the end which is filled with water to stop the catheter falling out. A bag may be placed on the end of the catheter for the urine to drain in to. The bag can be attached to your child's leg during the day and then a larger bag on a stand for overnight. Alternatively you can use a valve/tap which can be closed off allowing the bladder to fill then released into the toilet when convenient. If you have a large bladder or lots of infections your doctor may advise you to keep the catheter on free drainage on a bag. All bags and valves should be changed every 7 days.

### [Changing the bag/valve](#)

- Collect new bag/valve
- Put down floor protection
- Wash hands thoroughly
- Empty the catheter into the toilet or empty the bag
- Squeeze the end of the catheter to prevent urine leaking out
- Take off the bag or valve
- Firmly push in a new one
- Dispose of old bag/valve by double bagging
- Wash hands

### [How long can the catheter stay in?](#)

The catheter can stay in place for up to 3 months. It can be changed by your specialist nurse at the hospital or at home. Eventually your parents/carers can learn to do this for you. When and how to change your catheter can be arranged by contacting your specialist nurse/community nurse.

### [Caring for the catheter](#)

For the first few days after insertion the catheter site should be cleaned daily with cooled boiled water and a light gauze dressing applied. After a few days the site should be left clear with nothing on it. Have a bath or shower every day and make sure the site is dried well to prevent soreness.

- [Turning the catheter](#)- This should be done every day to prevent the catheter from sticking
- [Securing the catheter](#)- This is done to prevent the catheter from pulling. You need to tape it to your leg making sure the tubing is not kinked. It is important to make sure the catheter is not taped higher than your bladder as it will not drain as effectively.
- [Checking the balloon](#)- The water in the balloon will evaporate over time making it possible for the catheter to fall out. The balloon needs checking weekly at first to prevent it from falling out. Your specialist nurse will explain to you how to do this.

### [How do I check the balloon?](#)

- Collect together 2 syringes
- Fill 1 syringe with 5mls of cooled boiled water
- Check the catheter is securely taped
- Put the empty syringe into the inflation port and twist
- Remove the old water then remove the syringe
- Take the syringe with the 5mls of water and put it into the inflation port
- Gently push in the water
- Keep your finger on the end of the syringe twist and take the syringe out
- Throw away the old water and wash out the syringe

[Syringes can be washed with washing up liquid or put in the dishwasher. They can be re-used until perished when they will need replacing.](#)

# FREQUENTLY ASKED QUESTIONS

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## [I think my child has an infection?](#)

If your child has any of the following symptoms contact your specialist nurse or GP

- Smelly urine
- Nausea/vomiting
- High temperature
- Tummy/back pain

A urine sample should be taken to your GP **BEFORE** starting antibiotics. Whilst awaiting results increase your child's drinking (6-8 glasses minimum) to flush out the bugs.

## [Is there anything my child cannot do?](#)

Having a supra pubic catheter should not stop your child from doing anything that they would normally do including PE and swimming.

## [How do I get further supplies?](#)

Supplies of bag, valves and catheters are available from your GP or on home delivery service. Your specialist nurse will discuss this with you before discharge. It is then your responsibility to make sure you have enough supplies by notifying your GP or delivery service. Syringes for flushing the catheter or checking the balloon can be added to your delivery contact your specialist nurse if you are unable to get them from your GP.

Catheter..... Size.....Supplier.....

Contact numbers: specialist nurse.....

Office: 0114 2260502 Mobile.....

Evenings and weekends Ward S1 0114 2717398

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# Troubleshooting guide

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## [The skin is looking red and sore](#)

This may be due to the skin around the catheter site not being dried properly.

### [Actions](#)

Make sure your child dries the area well after baths and showers. If the problem persists contact your specialist nurse.

## [There is a raised red area and/or yellow discharge](#)

This could be due to over granulation (the body is trying to heal the skin around the hole).

### [Actions](#)

This is not an infection and does not need antibiotics. Contact your specialist nurse who will organise some cream for you to settle this down.

## [Your child is experiencing pain from the catheter](#)

This may be due to the catheter not draining or a bladder spasm.

### [Actions](#)

Check that the catheter is not blocked or kinked, if this doesn't help contact your specialist nurse as they may need some medication to help with this.

## [The urine is smelly/your child feels unwell](#)

This may be due to an infection.

### [Actions](#)

1. Encourage your child to drink plenty of fluids at least 1.5L
2. Contact your GP to arrange to take a urine sample
3. Take the urine directly from the catheter and not the bag

[No urine is draining from the catheter](#)

The catheter may be blocked or the tubing may be kinked. Your child may not have drunk enough.

[Actions](#)

Check the position of the catheter and how it is taped making sure that there are no kinks in the tubing. Encourage your child to drink more fluids. If the problem persists contact your specialist nurse for advice on flushing the catheter.

[There is blood in the urine](#)

Insertion of a catheter will cause trauma but this should settle after a few days. Accidental pulling/catching can also cause trauma.

[Actions](#)

This should settle by itself but if the problem persists contact your specialist nurse for advice.

[The catheter falls out](#)

The balloon may have deflated or burst or the catheter may have been pulled on very hard.

[Actions](#)

**Replace as soon as possible as you have approximately 20 minutes before the hole starts to close.**

Following the guidelines for changing the tube, that you will have been taught prior to discharge, try to replace the tube if you are able to do so. If you are having problems contact your specialist nurse or attend casualty so that a medical professional can help.

**Always make sure you have a spare catheter at home**

## Changing the suprapubic catheter

### Equipment:

- Two syringes with one containing 5mls of cooled boiled water
- New catheter
- Jug to collect urine
- Lubrication
- Tape
- Bag/valve

### Procedure:

- Check you have the correct size of catheter and that it has not expired
- Wash hands
- Deflate the balloon using the empty syringe
- Remove old catheter by pulling gently
- Lubricate the new catheter
- Insert gently into the hole until urine comes out
- Once you get urine push the catheter in a little further
- Fill the balloon up by putting the syringe with the cooled boiled water into the inflation port
- Tape catheter into place
- Make sure it is draining
- Put a clean bag or valve on the end
- Throw away the rubbish
- Wash hands

If you encounter problems removing the old catheter or putting the new catheter back in contact your specialist nurse or hospital ward for advice.