

# Looking after your child's suprapubic catheter for urine drainage

## Children's Urology

Information for Patients, Parents & Carers

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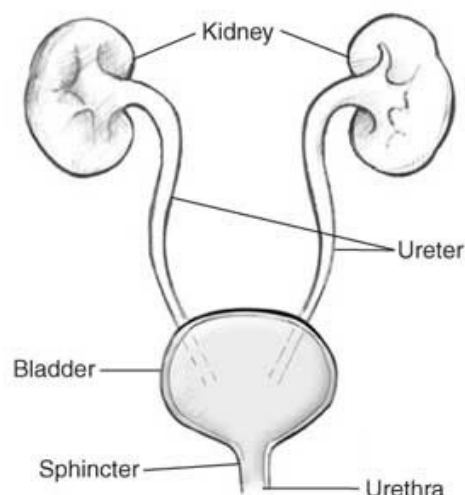
### Introduction

This leaflet is only for patients/ parents who have been issued with the leaflet and who are under the care of the Children's Urology Service. It is not intended for use without guidance from this team.

This leaflet explains about your child's suprapubic catheter and how to care for it at home.

### How does the urinary system work?

The urinary system consists of the kidneys, the bladder, the ureters and the urethra. The kidneys filter the blood to remove waste products and form urine. The urine flows from the kidneys, down through the ureters to the bladder. It then passes through another tube called the urethra to the outside when you pee.



### What is a suprapubic catheter and why does my child need one?

A suprapubic catheter is used to drain urine from the bladder. There are many different reasons why your child might need this catheter and it will be fully discussed with you by a specialist nurse and medical staff. Some reasons why it may be needed include when your child is having problems emptying their bladder, after surgery to allow the urinary system to rest, or to get information about your child's urinary system.

The catheter is inserted in theatre, under a general anaesthetic. A small cut is made into your child's tummy (abdomen) to insert it, and it is held in place by a small balloon on the inside.

**Health information and support is available at [www.nhs.uk](http://www.nhs.uk)  
or call 111 for non-emergency medical advice**

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To give feedback about this information sheet, contact [InformationForPatients@uhl-tr.nhs.uk](mailto:InformationForPatients@uhl-tr.nhs.uk)

## What does the equipment consist of?

The drainage system consists of the catheter (thin, plastic tube) and a collection bag or valve cap on the end. You will also need some tape and new collection bags. We will supply you with everything you need before you go home. We will also set up a regular home delivery of all the items you will need.

## Care at home

- We will show you how to empty the catheter using the valve. It will need emptying every 2 to 3 hours during the day. It can be emptied straight into the toilet. It can take up to 5 minutes to empty the bladder fully.
- Overnight it can remain clamped but if night time wetting occurs a bag can be attached to drain.
- The valve will need changing once a week, we will show you how to do this.
- Your child can return to school as normal. They can have a bath or shower and take part in swimming and sports. Care should be taken with rough and tumble play or contact sports as this may damage the catheter or the operation site.
- Creams and talcum powder should not be used around the site.
- Dressings are not usually needed.
- Tape can be used to help secure the catheter if it is pulling.
- The catheter may cause bladder cramps or spasms. You will be given medication to help with this, as well as general pain relief advice.
- Encourage your child to drink plenty of fluids, this will help reduce any discomfort, keep the urine flowing and reduce the risk of an infection developing.
- Encourage your child to eat plenty of fresh fruit and vegetables. This will help prevent any constipation which can effect urine drainage and make bladder spasms worse.
- If you notice that your child's urine becomes darker than usual, smelly, cloudy or doesn't drain, they may have a urine infection. You should encourage them to drink more and contact your GP or the specialist nurse.
- In a few situations, it will be necessary to have the catheter on continuous drainage into a bag. If this is needed for your child, we will provide you with the bags needed and show you how to empty and care for the bag.
- If the catheter comes out please bring your child to the Emergency Department to have it replaced. This should be within 2 hours to avoid complications and difficulties in re-inserting it.

## How often will the catheter need changing and who will do this?

We will arrange for you to come back to the ward after 2 weeks to check the wound site and catheter. The catheter will need changing about every 6 weeks which will be done on the ward by a specialist nurse.

## How long will my child need to have this catheter for?

A suprapubic catheter may be needed on a temporary basis, or sometimes it may be needed long term over a number of years depending on your child's condition.

## Contact details

If you need advice or support please contact the Children's Urology Specialist Nurses on Tel: 0116 258 5533 or email: [uho-tr.uhlpaedurologyspn@nhs.net](mailto:uho-tr.uhlpaedurologyspn@nhs.net)

For urgent queries please call Ward 10 on Tel: 0116 258 5362.

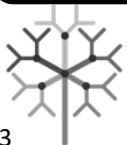
اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔  
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل

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ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।

Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

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