

# Suprapubic Catheter Site Dressing



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## What Is A Suprapubic Catheter?

A suprapubic catheter is a urinary catheter inserted into the bladder via an incision through the anterior abdominal wall. Following the initial insertion of the suprapubic catheter, the external portion of the catheter is temporarily sutured to the tummy a few centimetres below the naval and will have a sterile dressing to absorb blood-stained discharge. The incision site requires regular dressings utilising the clean technique.

**Note:** Once the site has properly healed, daily cleansing with unscented soap and water is suggested, and no surface dressing is required as long as the site remains clean and dry.

### Equipment Required

- Dressing pack
- Cleansing solution – 0.9% Normal Saline
- Primapore
- Adhesive tape to secure dressing
- Clean gloves
- Clean scissors to make keyhole-type dressing



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## Instructions

1. Wash your hands thoroughly with soap and water.
2. Prepare all the requisites.
3. Put on a set of clean gloves.
4. Remove the soiled gauze. Hold tube to prevent dislodgement during dressing removal.
5. Throw away used gloves. Wash your hands again and put on another set of clean gloves.
6. Clean the insertion site with saline-soaked gauze. Start at the tube site and clean outwards.
7. Dry with gauze or allow the site to dry.
8. Place suitable dressing around the tube and secure the dressing around the catheter site.



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## Tips For Urinary Catheter Maintenance

- Urine bags are used to collect the outflow of urine from urinary catheters.
- Maintaining closed system drainage is essential to reduce the risk of urinary infection.
- Urine that sits in the drainage bag is a medium for bacteria to grow, which can lead to infection.
- Maintain unobstructed urine flow by keeping the:
  - Urinary drainage bag below the level of the bladder.
  - Catheter and tubing free of kinks.
- Empty the urinary drainage bag when it is no more than 2/3 full.
- Put on gloves and clean the tip of the drainage bag with an alcohol swab before emptying.
- Use a clean container at the time of bag emptying.
- Do not allow the urinary drainage tap to touch the container, and avoid splashing when draining the urinary drainage bag.
- Clean the tip of the drainage bag with an alcohol swab after emptying the drainage bag. The urine drainage bag should not touch the floor.
- The drainage bag should be changed when it is:
  - discoloured,
  - damaged,
  - there is a sign of infection,
  - an accumulation of sediment,
  - leakage, or
  - when a new catheter is inserted,
  - or when the bladder has been irrigated.

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## When Should I Seek Medical Help?

Should you experience any of the following symptoms, please visit our 24-HR Urgent Care Centre (UCC).

- Wound infection – yellowish discharge, redness, swelling, pain or fever.
- Bleeding

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## Contact Us

**24-HR Urgent Care Centre**

**Location:**

Block 6, Level 1

**Operating Hours:**

24 hours, 7 days a week

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**Notes:**

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**Notes:**

# How to Get Around Alexandra Hospital



## Block 1

### Level 1

- Clinic F, Clinical Measurement Centre
- Pharmacy

### Level 2

- Clinic J, Integrated Care Clinic
  - Gynaecology Clinic
  - Outpatient Infusion Centre (OPIC)
  - Podiatry
- Clinic K, Healthy Ageing Clinic
  - Dietetics
  - General Surgery Clinic
  - Palliative Clinic
  - Physiotherapy
  - Rehabilitation & Restorative Medicine Clinic
  - Staff Clinic
  - Urology Clinic
  - Vascular Clinic

### Level 3

- Ward 7

## Block 2

### Level 1

- Clinic D, Dental Centre
- Clinic E
  - Anaesthesia Outpatient Consultation Clinic
  - Orthopaedic Centre

### Level 3

- Day Surgery Operating Theatre (DSOT)

## Block 4

### Level 1

- Ambulatory Surgery Centre
- Endoscopy Centre
- Rehabilitation 1

### Level 2

- Wards 2 and 3

### Level 3

- Wards 4 and 5

## Block 6

### Level 1

- Diagnostic Imaging 2 (DI 2)
- 24-HR Urgent Care Centre

### Level 2

- Diagnostic Imaging 3 (DI 3)
- Major Operating Theatres 1 and 2 (MOT 1 & 2)

### Level 3

- Intensive Care Unit 1 (ICU 1)
- Major Operating Theatres 3 and 4 (MOT 3 & 4)

## Block 7

### Level 1

- Wards 8 and 9

### Level 2

- Wards 10 and 11

### Level 3

- Wards 12 and 13

## Block 11

### Level 1

- Rehabilitation 2

## Block 28

### Level 1

- Care and Counselling
- Clinic A, Ear, Nose and Throat Centre (ENT Centre)

### Level 2

- Clinic B, Eye Surgery Centre

The information provided in this publication is meant purely for educational purposes and may not be used as a substitute for medical diagnosis or treatment. You should seek the advice of your doctor or a qualified healthcare provider before starting any treatment or if you have any questions related to your health, physical fitness or medical conditions. Information is accurate at time of printing (March 2021) and subject to revision without prior notice.

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