

Finger Lakes Urology Institute
DISCHARGE INSTRUCTIONS

Surgical Procedure: SUPRA-PUBIC CATHETER CARE

INSTRUCTIONS:

- 1) You may shower, but do not sit in a tub of water. Take your dressing off prior to your shower. During your shower, cleanse the area with a small amount of soap and rinse well. Pat dry. Reapply the dressing. You may cleanse the area with Hydrogen Peroxide, if there is excess drainage.
- 2) Your dressing should consist of (2) 4x4's folded; in half — one on each side of the tube and secured with tape.
- 3) Check your dressing at least 2 times during the day and change it if it is moist.
- 4) When you change the dressing, cleanse the area around the tube with a mild soap and water or hydrogen peroxide.
- 5) Clamp or plug the tube after you are home. Make sure you receive a clamp or plug, a leg bag and an overnight drainage bag before you leave the hospital.
- 6) While the tube is plugged, you will not need to use the urinary drainage bag. Try to keep the tube plugged for periods of 3 – 4 hours at a time.
- 7) If you have the urge to void during this time, try to void through your urethra.
- 8) When you void through your urethra, measure and record the amount. This measured volume is called “voided urine”.
- 9) Immediately following measurement of your voided urine, unclamp the tube and measure and record the amount of urine remaining in your bladder. This measured volume is called “residual urine.”
- 10) The measured volumes are important in evaluating your progress.

- 11) You may unclamp the tube when you go to bed at night and connect it to the drainage bag.**
- 12) You doctor will want to see your record of voiding when you see him for your first appointment after your surgery.**
- 13) Call the office to schedule an appointment after you are discharged from the hospital. Your urologist will want to see you in 5-7 days.**