

## **San Buenaventura Urology**

*in association with Community Memorial Health System*

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Adult & Pediatric Urology

### **Suprapubic Cystostomy**

#### **WHAT YOU SHOULD KNOW:**

Suprapubic cystostomy is a surgery to create a stoma (opening) through your abdomen into your bladder. This opening is where a catheter is inserted to drain urine. You may need a cystostomy if your urine flow is blocked.

#### **AFTER YOU LEAVE:**

##### **Medicines:**

- **Medicines** can help decrease pain or prevent an infection.
- **Take your medicine as directed.** Call your healthcare provider if you think your medicine is not helping or if you have side effects. Tell him if you are allergic to any medicine. Keep a list of the medicines, vitamins, and herbs you take. Include the amounts, and when and why you take them. Bring the list or the pill bottles to follow-up visits. Carry your medicine list with you in case of an emergency.

**Follow up with your healthcare provider as directed:** You may need to return to have your suprapubic catheter changed or removed. Write down your questions so you remember to ask them during your visits.

**Empty your urine drainage bag:** Empty your urine drainage bag when it is  $\frac{1}{2}$  to  $\frac{3}{4}$  full, or every 8 hours. If you have a smaller leg bag, empty it every 3 to 4 hours. Do the following when you empty your urine drainage bag:

- Hold the urine bag over a toilet or large container.
- Remove the drain spout from its sleeve at the bottom of the urine bag. Do not touch the tip of the drain spout. Open the slide valve on the spout.
- Let the urine flow out of the urine bag into the toilet or container. Do not let the drainage tube touch anything.
- Clean the end of the drain spout with alcohol when the bag is empty. Ask which cleaning solution is best to use.

- Close the slide valve and put the drain spout into its sleeve at the bottom of the urine bag. Write down how much urine was in your bag if you were asked to keep a record.

**Prevent an infection:**

- **Clean the stoma and skin around it daily.** Wash your hands before and after cystostomy care. Put on a new pair of clean medical gloves. Ask for more information about stoma and skin care.
- **Change your urine bag or clean reusable bags.** Ask how often you need to change or clean your urine drainage bag. You may need to change your reusable bag at least once a week.

**Contact your healthcare provider if:**

- You have a fever of 100.4 F or chills.
- You have a burning pain in your stoma.
- Your stoma is red, swollen, or draining pus. Some pink, or spotting red drainage is normal.
- You have red blood in your urine.
- You have questions or concerns about your condition or care.

**Seek care immediately by calling our office if:**

- No urine is draining into the urine bag.
- You have severe pain.