

How to Change a Suprapubic Catheter

Change your child's suprapubic (SP) catheter every 4 to 6 weeks. Your child's healthcare provider will change it for you the first time. We will teach you how to change the catheter following the clean technique steps below.

How do I change the catheter?

To change the catheter, follow these steps:

1. Wash your hands with soap and water.
2. Gather your supplies:
 - lubricant
 - Piston syringe
 - saline
 - sterile water
 - Luer Lock syringe
 - catheter
 - drainage bag
3. Arrange the supplies on a clean surface.
4. Put lubricant on the end of the new catheter.
5. Have your child lay flat.
6. Using the piston syringe, flush _____ mL of saline into the bladder.
7. Using the Luer Lock syringe, deflate the balloon.
8. Slowly take out the old catheter.
9. Insert the new lubricated catheter into the hole.
10. Wait for the flow of urine. It may take a few minutes.
11. Inflate the balloon of the catheter using _____ mL of sterile water.
12. Attach the drainage bag to the catheter.
13. Look for the flow of urine to make sure it is draining properly.
14. Secure the catheter to your child's belly.

If you have questions or concerns, please call the nurse in the Urology Clinic at 206-987-2509. After 5 p.m. or on weekends call the paging operator at 206-987-2131 and ask for the urologist on-call.

To Learn More

- Urology Scheduling
206-987-2509
- Paging Operator
206-987-2131
- Ask your child's healthcare provider
- seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.



Seattle Children's offers interpreter services for Deaf, hard of hearing or non-English speaking patients, family members and legal representatives free of charge. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201. This handout has been reviewed by clinical staff at Seattle Children's. However, your child's needs are unique. Before you act or rely upon this information, please talk with your child's healthcare provider.

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