

Department of Urology

Patient Information Sheet

Suprapubic Catheter Insertion (Cystostomy)

This is the insertion or placement of a urinary drainage tube into the bladder, through a tiny incision in the skin of the lower abdomen/pubic region

This procedure will involve a telescopic inspection of the bladder and urethra (water pipe) together with ultrasound to assist with the insertion of the catheter.

Occasionally a bladder biopsy or removal of an abnormal area of tissue may be performed at the same time, if performed under a full anaesthetic.

This information sheet was developed and agreed by our Urology Team. Information within this sheet was obtained from various sources including; the Urology Team, the British Association of Urological Surgeons, other NHS Trusts and Department of Health Websites.

What are the intended benefits of this procedure?

To allow urinary drainage.

What are the alternatives to this procedure?

A catheter in the urethra (water pipe) or open surgery to permanently divert the urine to drain out into a stoma bag.

What are the most frequently occurring after-effects or serious risks of this procedure?

Common (greater than 1 in 10)

- Mild burning or bleeding at the incision site for a short period afterwards.
- As with all long term urinary catheters, they will require changing at regular intervals of between 2-3 months.

Occasional (between 1 in 10 and 1 in 50)

- Urinary infection requiring antibiotics (these can be recurrent)
- Blocking of the catheter, preventing urinary drainage, requiring unblocking.
- Formation of bladder stones or calcium deposits on the catheter.
- Bladder discomfort due to irritation from the catheter or bladder spasms.

Rare (less than 1 in 50)

- Bleeding requiring irrigation or washing out or a change of catheter if blocked from blood clots.
- Very rarely, damage to surrounding structures during the procedure, such as bowel or blood vessels requiring additional surgery.

What sort of anaesthetic is used?

A local, spinal or general may be used. Your Consultant or Specialist Nurse will be able to give you further information on which anaesthetic you are likely to require.

If this is being performed under a full anaesthetic, you will be assessed for your general health before the procedure at a 'Pre-Assessment' clinic and given all the information required to prepare you for an anaesthetic.

What does the procedure involve?

The bladder is filled using a small telescope passed through the urethra. A cut of less than 1cm is made in the area just above your pubic bone, below your umbilicus (belly button). The catheter is pushed through this cut, using a pointed plastic guide instrument until it goes into the bladder. The guide instrument is then removed and a drainage bag attached to collect the urine. The catheter stays in the bladder by a balloon being inflated with sterile water, which sits within the bladder. We will also check for any abnormalities in the bladder and urethra before placing the catheter.

What happens after the procedure?

If you have required a full anaesthetic for this procedure you will be monitored until the doctors are satisfied you are over the effects of the anaesthetic. You will be allowed home possibly that day or the following morning. You may notice the urine is slightly bloodstained at first, this will clear over the course of the day. Over the next 24 hours, try to drink plenty of non-alcoholic fluids, to flush your system and reduce these after effects (we suggest 2-3 litres or 6-8 pints). You will also need a small dressing to the incision site where the catheter was inserted for about 1 week.

What else should I look out for?

If you develop a fever, increased bleeding or pain on urination you should contact your GP. If you become unable to pass urine at all, you should come to the Accident and Emergency Department here at Kingston Hospital.

Further Appointments or Treatments

The first time that your catheter is due to be changed we will arrange for you to come back here, to our Day Unit, as an outpatient (this will be 3 months later). After this check up and catheter change, the District Nurses will be asked to do your future catheter changes.

Who should I contact for more information?

- **The Specialist Urology Nurses:**

Sue Sill & Chris Backhouse
020 8934 3547

Yvonne Haffenden, Lin Williams & Suzy Waight
Urodynamics - 020 8934 3038

- **The Urology Ward – Alexandra 020 8934 3152**

- Your Urology Consultant.