

Name: \_\_\_\_\_  
Date of Surgery \_\_\_\_\_  
Type of Surgery \_\_\_\_\_  
\_\_\_\_\_

## BLADDER TRAINING

The suprapubic catheter will be left in place approximately 4 weeks after you are released from the hospital. It should be allowed to drain freely until your bladder training begins. The skin around the catheter may be cleansed with ½ strength hydrogen peroxide if it becomes crusted. **Call your doctor** if the catheter stops draining or if you have bleeding from the site or pain. After the catheter is removed, the opening where the catheter was will close up. There may be some leakage for a day or two. You will want to clean the area as above and place gauze over the site until a scab forms and it stops draining.

Two weeks before your appointment to see the doctor, you will begin bladder training. This is to retrain your bladder to work as it did before surgery. You can clamp your catheter with a catheter plug or wrap a rubber band around folded tubing of the catheter.

### **2 weeks before your postoperative appointment:**

Clamp or plug the catheter for 3-4 hours at a time. After 3-4 hours unclamp and allow urine to drain in bag. Unclamp or unplug sooner if pain occurs. Also unclamp for bedtime. When clamped or plugged, you may have the feeling that your bladder is full and you need to urinate. Do this for 1 entire week.

### **1 week before your postoperative appointment:**

Clamp or plug the catheter as above. After 3-4 hours try to void. Measure the amount of urine voided. Now unclamp or unplug the catheter and drain the amount of urine left in the bladder. This is called the residual urine. Write down the amount voided and the amount left in the bladder. Do this every 3-4 hours except at bedtime. You can leave the catheter attached to your drainage bag while sleeping. **Don't get worried if you are unable to go to the bathroom (void) on your own at first. Just keep on clamping!**

Keep a record of your training like the following:

<b>Day 1</b>	<b>Time</b>	<b>Voided</b>	<b>Residual</b>	
Clamp	6:00 am	10:00 am	None	250 cc
Clamp	10:30 am	2:30 pm	50 cc	300 cc
Clamp	3:00 pm	7:00 pm	150 cc	250 cc
Clamp	7:30 pm	11:30 pm	200 cc	200 cc

Place the catheter to drainage bag for the night and restart in the morning.

If the residuals are less than 50 cc at your doctor visit, the catheter will be removed in the clinic. If you have any questions, please call us at 317-415-6740 or 1-888-488-1145.

**Bring your bladder training record with you to the clinic. (See Back of Page)**