

Bladder Training

If you go home with a suprapubic catheter, we will want you to keep track of how your bladder is functioning and train your bladder to return to normal function.

Try to void on your own every 2-3 hours. When you do, **please record the amount below.** After you void, open the suprapubic tube to drain any additional urine. What comes out of the suprapubic tube is called residual. **Record this amount below.** When the residual is less than 3 oz. (100cc) after 2 or 3 voids in a row, the suprapubic tube may be ready to be removed. Leave the catheter clamped overnight and check a residual the next morning. If it is less than the 3 oz., call us.

We will schedule you within 24 hours to have it removed. If it is over the weekend, keep the suprapubic tube clamped and call first thing Monday. Remember, continue to void every 2-3 hours on your own, and continue the antibiotic we give you until the tube is removed in the office.

At night, you can connect the suprapubic tube to the bag in order to let your bladder drain while you sleep. Restart your bladder training once you awake in the A.M.

Date: _____

This information is for educational purposes only and should not be relied upon as medical advice. It has not been designed to replace a physician's independent judgment about the appropriateness or risks of a procedure for a given patient.

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