

Fact Sheet

Catheterisation and supra pubic urine aspiration

Page 1

The only way to find out whether your child has a urine infection is to have a sample of urine collected. This sample needs to be taken carefully, so that it is clean. A good sample means that your child can get the right treatment.

How can you get a urine sample?

There are 2 ways a very clean sample of urine can be collected either by catheterisation or supra pubic urine aspiration. The doctor will let you know which method of testing is best for your child.

What is catheterisation?

A catheter is a fine plastic tube, which is used to collect the test. The catheter is inserted into your child's urinary passage (where the urine comes out). The urine sample is collected quickly and the catheter is then taken out. The whole thing takes only a few minutes. It is uncomfortable and some children find it hard to keep still.

What is supra pubic urine aspiration?

In very young babies it is possible to obtain urine by putting a very fine needle into the lower stomach area, and into the bladder (where the urine collects). This is a very safe way of collecting a urine sample. Your baby or child will need to be lying down and held gently but firmly while the area is cleaned and the needle inserted. The urine is collected quickly and the needle is then taken out. Occasionally some blood may be seen in the sample or in urine later, but this will settle. The needle can hurt and keeping still is also hard for young children, but this is the cleanest test.

With both tests it is important for your child to have urine in their bladder. If there is not much urine in the bladder it may be difficult to obtain a sample. The doctor or nurse may ask you to give your child a drink shortly before the sample is collected.

What can I do to help?

Cuddling your child while the urine sample is taken can help comfort them. If you cannot stay with your child then a staff member will hold your child instead.

Hospitals can be frightening places for children. At times it is helpful to tell stories, talk about the family or anything else that may help to take their mind off what's being done. Remain calm and reassure them, if you get upset so will your child. If your child asks about the tests being done, reassure them and explain in simple terms what is being done and why. Always tell the truth.

How long does it take to get the results?

Some results from the urine test will be available quickly, but it will take two days to get the final result from the culture. The doctor will advise you how to find out the results and what treatment your child needs such as antibiotics or other tests.

The staff are there to help you and your child. If you would like more information please ask the nurse or doctor caring for your child.



Fact Sheet

Catheterisation and supra pubic urine aspiration

Page 2

Remember

- It is helpful to comfort your child while they are having this test done.
- The doctor will let you know which method of testing will be used for your child.



This fact sheet is for education purposes only.
Please consult with your doctor or other health professional
to make sure this information is right for your child.

This document was reviewed on 10th November 2009.

the
children's
hospital at Westmead

www.chw.edu.au

 **SYDNEY
CHILDREN'S
HOSPITAL**
RANDWICK

www.sch.edu.au


Kaleidoscope
HUNTER CHILDREN'S HEALTH NETWORK

www.kaleidoscope.org.au