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### **Ring Metoidioplasty/SP Tube Instructions**

Transitioning from the catheter to urinating through the new phallus.

1. About one week after surgery (Dr. Bowers will let you know exactly when to start), begin to clamp the suprapubic (SP) tube during the day to train bladder. 4 hours on, 4 hours off. \_\_\_\_\_
2. The next day, clamp all day. Begin to urinate normally through the new phallus. If unable to urinate, re-open the clamp to allow the SP tube to drain.
3. Once you are able to void, check post void residual urine. If less than 50cc on 3 occasions you may go to your local doctor to have the SP tube removed or remove the SP tube by cutting the black stitches holding the tube flange in place as instructed by Dr. Bowers.

Text or call Dr. Bowers on how you are doing once you have had 3 successful voids at xxx-xxx-xxxx. You may also call or text Robin at xxx-xxx-xxxx if unable to reach Dr. Bowers.