

Bladder Irrigation

What are home care instructions for bladder irrigation?

1. Disconnect catheter from the bag or unplug catheter and allow all the urine to drain from the bladder.
2. Attach syringe filled with _____ normal saline to the end of the catheter and push _____ into the bladder gently. Leave the syringe attached to the catheter.
3. Once the saline solution is in the bladder, gently pull back on the syringe plunger to remove the solution. If you meet resistance or it becomes hard to pull the plunger, then disconnect it from the syringe and let it come out on its own.
4. Repeat steps 1-3 until the solution that comes out is clear. It may or may not be necessary to do this more than once.
5. Rinse syringe out with warm soapy water and allow to air dry. Do not put in boiling water or the microwave to disinfect as the syringe will either melt or come apart.

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