



Bladder Irrigation

Instructions for Clean Intermittent Catherization (CIC)

1. Place catheter into bladder as per your routine.
2. Let all urine drain from bladder.
3. Once bladder is empty, 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.
4. Once saline solution is in, gently pull back on the syringe plunger to remove the solution.
 - If you meet resistance or it becomes hard to pull the plunger do this:
 - a) disconnect the syringe from the catheter
 - b) fill the syringe with another 60cc of saline
 - c) push that into the bladder.
 - If you still meet resistance or it becomes hard to pull back the plunger, then disconnect the syringe from the catheter and let the fluid drain out on its own.
5. Repeat steps 1-3 until the return solution is clear. It may or may not be necessary to do this more than once.
6. 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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Author: Department of Urology, Division of Neurourology and Pelvic Reconstructive Surgery

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