

Cleaning Reusable Urinary Drainage Systems

Why do I need to clean out my urinary drainage bags?

Urinary bags need to be cleaned to dissolve the deposit buildup and to reduce bacterial growth and odor.

How do I clean out my urinary drainage bags?

1. Wash your hands. Caregivers should wear non-sterile gloves after washing their hands.
2. Drain the urine from the bag into the toilet.
3. Fill the bag with clean water and vigorously shake to rinse well and then drain.
4. Choose and make one of the cleaning solutions from the list below for use at home:
 - **Diluted bleach solution:** use standard household, unscented chlorine bleach (5.25% sodium hypochlorite), mix 1-part bleach with 9 parts water.

Bleach:	Water:
¼ cup	2 ¼ cups
½ cup	4 ½ cups
¾ cup	6 ¾ cups
1 cup	9 cups
1 ¼ cup	11 ¼ cups
1 ½ cups	13 ½ cups
1 ¾ cups	15 ¾ cups
2 cups	18 cups

- **Diluted vinegar solution:** use distilled, white vinegar (4% acetic acid), mix 1-part vinegar and 3 parts water.

Vinegar:	Water:
¼ cup	¾ cups
½ cup	1 ½ cups
¾ cup	2 ¼ cups
1 cup	3 cups
1 ¼ cup	3 ¾ cups
1 ½ cups	4 ½ cups
1 ¾ cups	5 ¼ cups
2 cups	6 cups

Multiple studies have shown that the bleach solution kills more bacteria than the vinegar solution. However, a vinegar solution dissolves the gritty deposits that collect inside the tubing better than bleach.

5. Using a water or squirt bottle with a tapered end, pour the cleaning solution through the tubing to fill the empty drainage bag.
6. Shake for 30 seconds to one minute, then allow solution to drain through the drainage port into your toilet or container. Be sure to clean the drainage spigot, spigot hub, cap and connector. Rinse with clean water and allow to air dry thoroughly.
7. Remove gloves, if worn, and wash your hands well when you are finished cleaning.
8. Remember to cover the end of the tubing after it's dry to prevent contamination.

How often should the urinary bags be cleaned?

Perform the cleaning process daily. If the bags are routinely cleaned, they can be used for two weeks to a maximum of 1 month.

Example of a urinary drain bag:



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