



How Do I Care for the Equipment?

1. Clean catheter immediately after use with soap and water, using soap lather from your hands.
2. Rinse inside and outside of catheter well with water.
3. Air dry catheter by laying on a clean towel. Change towel every day.
4. Wash urine container every day with soap and water.
5. Once a day, sterilize catheter.
 - Clean catheter as above with soap and water
 - Prepare a solution of 1 tsp. bleach in 1 cup of water in a clean, tightly covered container (use a pure, fragrance-free bleach such as Hilex or Clorox- do not use other products).
 - Soak catheter in bleach solution for at least ½ hour or overnight.
 - After soaking, rinse well with water and air-dry as above.
 - Dispose of catheter when it becomes stiff, cracked or you are unable to use it.
6. If away from home:
 - Use pre-moistened towelettes, if soap and water are not available for cleaning hands and catheter.
 - If water is available, rinse catheter after use and place in resealable bag.
 - Dispose of resealable bag after catheter has been cleaned at home.
 - Urine may be drained into a diaper, toilet, or collection container.

PLEASE NOTE:

Be careful to label the bleach solution so it will not be confused with the normal saline bladder irrigation.