



Irrigation Instructions

Irrigation is a procedure used to wash out the inside of your bladder. The bladder will be flushed out with normal saline (salt water) to flush out the mucus, which will keep the urine draining freely through the catheter and keep the catheter from becoming plugged. As the bladder is healing, irrigation may be needed as often as five times per day beginning right after the operation. This will eventually only be needed once a day.

Your nurse in the hospital will give you a specific schedule for doing the irrigations; he or she will teach you how to do the irrigations and care for the supplies before you leave the hospital so you feel comfortable doing this at home. You will be provided with all necessary supplies.

Supplies:

- Catheter-tipped syringes
- Plastic measuring container
- Normal saline
- Basin
- Plastic clamp or catheter plug

Procedure:

1. Wash hands.
2. Put saline into the container.
3. Draw 50-60 cc of saline into the syringe (amount of saline needed may differ for each patient).
4. Attach syringe to the catheter and gently push the saline into the bladder.
5. Gently draw it out with syringe. If saline contains a lot of mucus, flush bladder

once or twice more to remove remaining mucus.

NOTE: NEVER FORCE MORE FLUID INTO THE BLADDER UNTIL PREVIOUS SALINE HAS BEEN REMOVED.

6. Wash your hands and clean supplies.

How to Make Your Own Saline:

1. Boil 2 quarts of water for 10 minutes.
2. Add 8 teaspoons of table salt to the boiled water.
3. Let saline cool then pour into container for storage.

OR

1. Buy a gallon of DISTILLED water at the grocery store.
2. Add 8 teaspoons of table salt directly into the bottle.
3. Shake until salt has dissolved.

Saline will be good for:

- 30 days if stored in refrigerator (bring down to room temperature before using). OR
- 7 days if left out in room temperature.