



Pediatric Surgical Associates, Ltd.

Vinegar Bladder Irrigation Protocol

For patients on intermittent catheterization with chronic bacteriuria and/or chronic bladder stones, irrigating the bladder with a dilute vinegar solution can be beneficial. The recommended concentration is 0.25% acetic acid. Most grocery stores carry white vinegar as a 5% solution. Therefore, in order to make an appropriate bladder irrigations, it needs to be diluted roughly 20:1.

In order to achieve this, mix the following amounts of 5% white vinegar solution with your normal bladder irrigation (homemade saline or sterile sodium chloride from the pharmacy).

2.5 teaspoons (12.5 mL) in 250 mL irrigation

5 teaspoons (25 mL) in 500 mL irrigation

10 teaspoons (50 mL) in 1000 mL irrigation

~6 ounces in a gallon

one teaspoon = 5 mL

one tablespoon = 15 mL

Irrigate the bladder with this solution using the volumes and techniques discussed with your physician. In certain circumstances your provider may wish for you to leave some irrigation in the bladder for a period of time to dissolve debris/mucous.

Discontinue irrigation if it causes pain or discomfort. Do not use this solution if you believe your child has an acute urinary tract infection.

Call your provider if you have questions or concerns.

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