



## Vinegar Bladder Irrigation Protocol

For patients on intermittent catheterization with chronic bacteriuria and/or chronic bladder stones, irrigating the bladder with dilute vinegar solution can be beneficial in dissolving debris and mucous. 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 irrigation, it needs to be diluted roughly 20:1.

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

**2.5 teaspoons (12.5mls) vinegar in 250 mls irrigation solution**

**5 teaspoons (25 mls) vinegar in 500 mls irrigation solution**

**10 teaspoons (50 mls) vinegar in 1000 mls irrigation solution**

**6 ounces in 1 gallon irrigation solution**

**One teaspoon= 5 mls**

**One tablespoon=15 mls**

### **Irrigation Instructions:**

Catheterize and empty bladder per normal routine prior to bedtime. Irrigate bladder with your normal volume of irrigation and drain. Instill 15-30 mls of vinegar solution (unless otherwise specified by your physician) into bladder and allow to dwell overnight. Always follow your physician's specific instructions on volume and technique.

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

Please call our office if you have any questions or concerns at 612-813-8000.