



Bladder Irrigation Instructions

Irrigation is a procedure used to wash out the inside of your bladder. The bladder will be irrigated with normal saline (salt water) to flush out mucus or debris. Irrigation may be done as needed, once a day, or each time you empty the bladder.

Supplies:

- 60 ml catheter tip syringe
- Measuring container
- Normal saline
- Basin

Procedure:

1. Wash hands.
2. Pour normal saline into measuring container.
3. Draw up 50-60mls of normal saline into syringe (the amount of normal saline may be different for each patient)
4. Catheterize per your normal routine and drain bladder contents. Leave catheter in place.
5. Attach syringe to end of catheter and gently push the normal saline into the bladder.
6. Gently pull back on the plunger of the syringe and draw the normal saline back out of the bladder, discard the normal saline into the basin.
7. If normal saline has a lot of mucous, repeat the irrigation process once or twice more using fresh normal saline to remove remaining mucous.
8. If instructed to use the piston technique while irrigating, fill bladder with instructed amount of normal saline and then aspirate (pull out) 5-10ml of saline/urine contents, push back in and pull back out a few times quickly before drawing back the entire amount of bladder contents. Pushing and pulling 5-10mls of normal saline quickly will stir up the mucous in the bladder, making it easier to aspirate (pull out).

REPEAT this process with fresh normal saline until returns are essentially clear.

Note: Never force more normal saline into the bladder until the previous normal saline has been removed.

9. Wash hands and clean supplies.



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Normal Saline Recipe

1 gallon of distilled water

8 teaspoons of table salt

Shake until salt dissolved

Normal saline is good for:

7 days if left out in room temperature

30 days if stored in the refrigerator (bring to room temperature before using)