

Catheter Irrigation Instructions

It is important to irrigate the catheter with Normal Saline. Do not use tap water. The catheter is irrigated to keep the catheter free of mucous plugs or blood clots so that urine is able to drain out and not back up into the kidneys.

How Often to Irrigate the Catheter

- First thing in the morning upon waking
- Every four hours during the day
- Before going to bed – you do not need to wake up during the night
- Irrigate more frequently if you have a decrease in urine output

Supplies

- Normal saline (salt water)
- Irrigation kit (syringe, collection tray, container for normal saline solution)
- Towel



Instructions

- Wash your hands thoroughly with soap and water.
- Place towel over your lap to stay dry during irrigation.
- Place the catheter on top of the towel.
- Draw up 60mL of normal saline in the syringe.
- Disconnect the catheter from the drainage bag.
- Hold the tip of the catheter upright between the thumb and first finger.
- Place the tip of the syringe into the catheter.
- Instill 60 -120 mLs of the saline solution into the catheter. Gently withdraw the fluid from the catheter with the syringe. If resistance is met:
 - Slightly reposition the catheter, if possible, and try again to withdraw fluid.
- If unable to withdraw fluid, simply disconnect the syringe and allow fluid to drain into the tray.
- Detach the syringe from the catheter and empty the syringe into the tray.
- Repeat the process until you no longer see mucus or blood clots when withdrawing.
- Clean your equipment with warm soapy water. Rinse and pull the syringe apart to air dry until the next irrigation.

Please Note

It is important to stay hydrated. You should drink at least 2 liters of decaffeinated liquids per day. It is normal to have some incidental light bleeding during or after irrigation. If you have any questions, please call your healthcare team.

If you are in need of immediate assistance, please call 732-235-2465 and select the option that best meets your needs.