

How to Make Normal Saline for Catheter Irrigation

Normal saline is a mixture of salt and water. This mixture can be used to irrigate your catheter tube at home following bladder surgery.

Steps using salt and boiled water:

- Wash your hands with soap and water and dry with a clean towel.
- Gather your supplies:
 - Measuring cup
 - Measuring spoon
 - Table salt
 - Large pot
 - Clean glass bottles or jars with lids
- Boil 1 cup of tap or bottled water.
- Mix in ½ teaspoon of salt into the boiled water.
- Let the saline mixture cool to lukewarm.
- Pour the normal saline mixture from the pot into the glass bottles or jars. Close the lids.
- Store the normal saline in the refrigerator. Can be kept in the refrigerator for up to 3 days.
- Take the saline out of the refrigerator 30 minutes prior to using.

Steps using salt and distilled water:

- Wash your hands with soap and water and dry with a clean towel.
- Gather your supplies:
 - Measuring cup
 - Measuring spoon
 - Table salt
 - 1 gallon distilled water
 - Clean glass bottle or jar with lid
- Mix 8 teaspoons of salt to 1 gallon of distilled water.
- Pour the normal saline mixture into the glass bottles or jars. Close the lids.
- Store the normal saline in the refrigerator. Can be kept in the refrigerator for up to 4 weeks.
- Take the saline out of the refrigerator 30 minutes prior to using.

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