

Indwelling Catheter Irrigation



TGH

You have been told to irrigate your catheter because irrigation helps clear the bladder of debris such as mucous and old blood clots.

What equipment do I need?

- Toomey syringe
- Saline
- Two containers (one for the saline and one to empty in to)
- Towel (for spills)

How do I irrigate my catheter?

- Gather Equipment
- Disconnect Catheter from drainage system.
- Draw 60mls of Saline into Toomey Syringe.
- Attach Toomey Syringe to the open end of the catheter.
- Flush the saline solution into the catheter in a smooth steady flow.
- On completion of the irrigation, draw back gently on the plunger of the syringe, remove syringe and drain the fluid from your bladder into a container.
- Observe the urine for mucous, cloudiness or bloodclots.
- Repeat the irrigation 2 to 3 times, until urine runs clear.
- Wash your equipment with warm soapy water and allow to air dry on a clean towel.

What happens if I feel pain during the irrigation?

If you feel pain during the irrigation STOP THE IRRIGATION, remove the syringe, note the drainage. **If pain subsides** reposition yourself and attempt again. **If pain persists** contact your physician or present to your nearest emergency department.

How often should I irrigate my catheter?

Irrigation regimes vary, so please follow the instructions given to you by your physician.

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Where do I get Saline Solution from?

Prepared Saline is purchasable at your local pharmacy, however you can also prepare Saline at home.

How do I prepare Saline at home?

There are 2 ways that you can prepare Saline in your home:

- Method 1

- Mix ½ teaspoon of table salt to 1 cup of boiled water.
- Saline made this way may be kept for 48-72 hours in the refrigerator.
- Remove from the refrigerator 30 minutes prior to use.

- Method 2

- Add 8 measured teaspoons of table salt to 3 litres of distilled water (you can buy distilled water at your local pharmacy).
- Saline must be refrigerated between uses (remove from the refrigerator 30 minutes prior to use).
- Saline made this way may be kept for up to 4 weeks in the refrigerator or 2 weeks at room temperature.

What steps do I take to clean my equipment?

- Wash the equipment in warm water using a mild soap. Then rinse it inside and out.
- Dry the equipment well with a clean towel or paper towel.
- Leave the equipment open to the air to dry until next use.
- If travelling and storing the equipment, place it in a paper towel inside a Ziploc bag. Leave the bag open to prevent condensation.