

# How to Make Normal Saline at Home

## For patients who need to irrigate at home (after bladder surgery)

Irrigating prevents mucous from clogging the catheter tube and building up in your new bladder. Please talk to your doctor or nurse if you have any questions about how to make sterile normal saline at home.

There are 2 ways to make saline at home

### Method 1

#### Collect these ingredients

- ½ teaspoon (2 ml) of salt
- 1 cup (225 ml) of boiled water

#### How to make it

Mix the salt into the boiled water.



## How to store it

- Opened containers of normal saline must be stored in the refrigerator
- Normal saline made this way can keep for 2 to 3 days in the refrigerator
- Take out the saline from the refrigerator 30 minutes before you use it.

## Method 2

### Collect these ingredients

- 8 teaspoons (40 ml) of table salt
- 1 gallon (4 litres) of distilled water

## How to make it

Add 8 teaspoons of salt to 1 gallon of distilled water that you can buy in a pharmacy.

## How to store it

- Pour the solution into sterile containers
- Refrigerate the solution in between uses
- Keep the solution in the refrigerator for up to **4 weeks**
- If you cannot refrigerate the solution, it will keep for **2 weeks**



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