Do you have any new symptoms? Call your nurse or the nurse on duty, or even Info-Santé at 811.

- You notice the presence of blood in your urine.
- Your urine has an unusually foul odour.
- Your urine is cloudy (as if a drop of milk had been added).
- You have pain in your lower back.
- You have a fever.
- You notice a greenish discharge from your urinary meatus.
- Urine leaks through your urinary meatus in spite of your catheter.
- Your catheter is blocked.

The CSSS-IUGS encourages people to manage their health and to act responsibly to maintain it.

www.csss-iugs.ca

Info-Santé
811
How to Irrigate a Urinary Catheter at Home

Are you wearing a urinary catheter?
It is important that you carefully follow the advice below for your hygiene and to prevent the risk of developing a urinary tract infection.

Do you have any questions or concerns?
Then do not hesitate to call Info-Santé at 811 or contact your nurse who will advise you. Please call the on duty number.

Advice

- Choose an appropriate environment, for example, the bathroom, and make sure that there is a clean surface for your equipment.
- Always wash your hands with soap and water immediately before and after manipulating the catheter or its accessories.
- Remove the irrigation solution bottle (saline water) from the refrigerator, ideally 30 minutes before use.
- Gather the required material:
  - Clean container for urine
  - Irrigation solution flask
  - Sterile syringe
  - Sterile jar
  - Alcohol swabs
  - Clean towel
- Fill the sterile container with the irrigation solution, and then draw up 40 ml with the syringe.
- Sit comfortably on the toilet bowl seat or in bed with a clean towel beneath the junction between the catheter and the drainage bag.
- Unfasten the catheter from your thigh before the irrigation to prevent movement in the urethra and traction on the bladder.
- Disinfect the catheter and bag connections with an alcohol swab when changing the bag or equipment.
- Allow the alcohol to evaporate for 15 seconds before irrigating and fastening a new bag.
- Avoid touching the tips after disinfecting. Put a protective cap on the tip of the drainage bag after disconnecting the catheter and drainage bag.
- Slowly inject the solution, then pinch the catheter and remove the syringe. Drain the urine into the toilet or in the clean container, making sure of avoiding any contact between the catheter and the toilet or the container. Repeat this procedure until clear water reappears to a maximum of approximately 100 to 200 ml (½ to 1 cup) to irrigate the bladder.
- If there is a strong resistance to irrigation, move or stand up and try again. If there is no improvement, try drawing up slowly with the syringe. If the problem persists, call your nurse or the nurse on duty, or even Info-Santé at 811.
- Disinfect the tip of the urinary catheter and the tip of the drainage tube with alcohol and allow to dry.
- Reconnect the urinary catheter and the drainage tube. Secure the catheter to the thigh firmly to prevent movement in the urethra and traction on the bladder. Store the material until the next irrigation.
- Dispose of the syringe and the irrigation container as they are intended for single use only. Empty and wash the urine container using soap and water; put away.
- Always disinfect with alcohol before and after any irrigation and when changing bags or equipment.
- The irrigation solution can be stored up to seven (7) days in the refrigerator.