

Bladder Irrigations

Patients with certain diagnoses, including some with spina bifida who have a bladder augment, will be instructed on how to properly irrigate their bladder. Bladder irrigation is a procedure to wash out the inside of the bladder. Flushing an augmented bladder or neobladder is needed to remove the mucus that is produced by the intestine used to augment the bladder. This helps the urine to drain freely through the catheter and keeps the catheter from being plugged with mucus. It also helps reduce the production of bacteria and occurrences of urinary tract infections.

Supplies:

- Clean and Dry supplies
- Plastic container to hold the sterile water
- Toomey or 60 mL catheter-tipped syringe
- Container for urine or a diaper to drain urine into
- Sterile Water

How to Make Sterile Water:

- Boil water for 10 minutes on the stove in a clean pot.
- Cool the water off the stove until it is room temperature.
- Keep extra, unused water in a clean container in the refrigerator and warm it to room temperature before using it next time.

Procedure:

1. All individuals who will be helping (caretaker and child) should wash their hands.
2. Place a clean catheter into the bladder (through urethra or Mitrofanoff) and let all of the urine drain out.
3. Once the urine has completed draining, pull up 50-60cc of the sterile water into the syringe and insert the syringe into the end of catheter and push the water into the bladder.
4. The total amount of water that should be put into the bladder will depend on the size of the child's bladder. Please confirm this amount with the child's specialist. They will also instruct you as to how many times to complete the irrigations, normally they should be done once per day.
5. After all the water is in, use the syringe like a plunger to help mix the water around within the bladder.
6. Remove the syringe and let all the water drain into the container or the diaper. If urine doesn't come out, put the empty syringe back into the catheter and gently pull back to fill the syringe and empty the syringe into the diaper or container. Repeat until the bladder is empty.
7. Wash your hands and the supplies, with warm/hot soapy water, dry them and store them in a clean place for reuse.