

bladder irrigation for clean intermittent catheterization (CIC)

You have been instructed to start flushing (irrigating) your bladder. This is because mucous and debris can build up in the bladder. This is very important because mucous buildup can clog your catheter and make it difficult for your bladder to empty. It can also put you at risk of infection, stone formation and bladder injury

how to irrigate the bladder

1. Place your catheter into your bladder using your usual routine and drain bladder completely.
2. Fill a catheter tip syringe with _____mL of sterile saline or water.
3. Attach a catheter tip syringe to the end of the catheter. If the catheter has two ports, attach the syringe to the port that DOES NOT have numbers (Picture 1) and gently push the _____mL into the bladder.
4. Gently pull back on the syringe to remove the solution. Please see Page 2 on what to do if you meet any resistance.
5. Repeat steps 1 through 4 until the fluid you pull back from the bladder is clear and free of mucous or debris. You may not need to do these steps more than once.
6. Rinse the syringe with warm soapy water and let it air dry.



Picture 1 Inserting the catheter tip syringe into the correct port of the Foley catheter.

what to do if you meet resistance on the syringe

If you meet resistance or cannot pull back on the syringe, there is probably not enough solution in the bladder. If this occurs, complete the following steps:

1. First, disconnect the syringe from the catheter.
2. Fill the syringe with another _____mL of saline or water.
3. Gently push this fluid into the bladder.
4. Pull back on the syringe to drain the fluid.

(continued on reverse)

If you still meet resistance or cannot pull back on the syringe after these steps, disconnect the syringe from the catheter and let the bladder drain completely. If the bladder does not drain after disconnecting the syringe or you have any concerns, call the doctor at 614-722- 2000 and ask for urology.

when to call the doctor

Please make sure to call the doctor if you experience any of the following:

- Severe belly (abdominal) pain with irrigations
- Large blood clots when you irrigate

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