



Urological Associates, P.C.

of the Iowa and Illinois Quad-Cities Region

Irrigation/Aspiration of Your Urinary Catheter

Below is a step-by-step guide on how your urinary catheter should be irrigated/aspirated.

Please irrigate/aspirate according to your provider's order:

If you feel as though you need to irrigate/aspirate more frequently, please call the office, so we can update your chart.

It is extremely important to physically irrigate AND aspirate the catheter. The turbulence created during this process will allow more sediment/debris to exit your bladder.

1. Gather supplies: Irrigation syringe, sometimes known as a Toomey Syringe, two clean containers - one for the irrigation solution and one for the used irrigation solution/urine, and finally the irrigation solution - either Normal Saline (NS) or Acetic Acid. Do NOT use tap, filtered, distilled, or sterile water.
2. Wash your hands.
3. Disconnect the urinary catheter from the drainage bag. Put the end of the drainage bag on a clean surface, and place the end of the urinary catheter in one of your clean containers.
4. Pour 200mLs of irrigation solution into the other clean container.
5. Fill the syringe with at least 50mLs of fluid and inject it into the catheter. Using a single pushing motion while injecting the solution is best. Before removing the syringe, pinch off the end of the catheter. It is easiest to bend the end of the catheter on its self at the Y (where the side port meets the catheter). Once the catheter is pinched off, remove the syringe. The idea is to not allow the irrigation solution to passively exit the bladder.
6. Next re-fill the syringe with at least another 50mLs of solution and inject the solution into the bladder using a single pushing motion.
7. After the second syringe full of solution is in the bladder, you will need to aspirate one full syringe of solution out of the bladder. Aspiration is the manual removal of fluid in the bladder. This is done by pulling the plunger back on the syringe until it is full or resistance is met.
8. After you have aspirated one syringe full of solution, remove the syringe from the catheter and allow the remaining solution/debris/urine to drain out of the bladder. Empty the syringe fluid into the container as well. Never re-instill solution into the bladder.
9. You may need to repeat steps 5 through 9 more than once. If you still have lots of sediment coming out, irrigate/aspirate again.

10. After a minimal amount of sediment is returned, go ahead and reattach your drainage bag to the catheter. Clean your supplies and wash your hands. The syringe and containers can either be washed with hot soapy water or with a disinfective wipe. Allow to air dry.

**It is important that the amount of fluid irrigated into the bladder is similar to the amount aspirated/drained out of the bladder. The goal is to have the urinary catheter drain, not to fill up the bladder with more fluid.

**If you are unable to irrigate or unable to drain the bladder, you will need to seek medical help. If the office is open, please call and we will have you come in, or if the office is closed, please go to the emergency room.

**Irrigation/aspiration can be uncomfortable at times. Any discomfort should improve quickly after the irrigation/aspiration process is over.