Suprapubic Bladder Irrigation

Follow these instructions to irrigate your suprapubic tube at home. Irrigate your catheter only if you have no urine output or you feel bladder pressure.

Gather your equipment
1 bottle of normal saline irrigation solution
1 prepackaged irrigation kit
1 catheter plug

Procedure to follow:
1. Wash your hands well before and after the procedure.
2. Sit on the edge of a bed or large chair. Place a clean towel over your thighs and under connection site of suprapubic catheter.
3. Pour saline solution into the collection container. Draw 15 to 20 ml of solution into the syringe.
4. Remove plug from the end of the catheter. Make sure this is done without pulling on the catheter.
5. Open the alcohol swab wrapper. Remove the alcohol swab and use it to clean the area of the catheter that had been covered by the plug.
6. Insert the tip of the syringe into the suprapubic catheter. Then gently insert the solution into the catheter.

7. Remove the syringe and let the solution flow into the drainage container. Do not let the end of the catheter touch the drainage container. Do not draw up any of the solution after it has drained into the container.

8. After all the solution has drained, wipe the end of the catheter with the unused alcohol swab. Wait a few seconds to let the alcohol evaporate then cover with a clean plug.

You may repeat the procedure as necessary.

Care of equipment
Thoroughly clean the container and syringe with hot, soapy water and rinse well. Remember, use the irrigation solution container to collect solution, never use it to collect urine.

Call your doctor if:
• You need to irrigate the suprapubic catheter more than twice.
• If the catheter remains blocked.