Fact Sheet

Bladder Washouts
With Intermittent Clean Self-Catheterisation

What is a Bladder Washout?
Bladder irrigation is a procedure that allows you to “flush” the bladder with clean water to remove any residue or debris. This is achieved by attaching a syringe to the end of the catheter, injecting clean water and then withdrawing it. If you experience any pain during the procedure you should stop immediately. This procedure is only recommended for people who have a urinary diversion and need to irrigate the bladder.

Equipment required
- A clean catheter pack or two kidney dishes
- A 50ml catheter tip syringe
- 500ml boiled water cooled back down to room temperature
- Nelaton catheter
- Freezer bag
- Warm soapy water

Cleaning Equipment required for kidney dishes
- Milton, 6ml to 500ml of water
- Soapy water
- Air tight container

Cleaning Process
- Prepare the Milton solution
- Clean kidney dishes in warm soapy water
- Rinse equipment
- Place equipment into Milton solution for at least 15 minutes
- Remove and place items into an air tight container
- The container that you use to store your equipment should be scalded with boiling water once a week

Performing the irrigation
- Boil the water and let it cool to room temperature
- Gather equipment and place on a clean table
- Wash your genital area and/or around catheter site with warm soapy water and dry thoroughly
- Wash hands with soap and dry well
- Place cooled water into one of the kidney dishes
- Check syringe carefully and make sure there are no cracks and that it is in good working condition
- Insert catheter as per instructions
- Remove catheter end out of freezer bag and rest it in the clean empty kidney dishes
- Draw up 50ml of water, expel the air and attach to the catheter
- Inject it carefully and slowly
- Remove syringe, clamp catheter with your thumb and forefinger and refill syringe with another 50ml
- Inject carefully
Fact Sheet

Queensland Spinal Cord Injuries Service

SPINAL INJURIES UNIT
Ph: 3176 2215
Fax: 3176 7462

OUTPATIENT DEPARTMENT
Ph: 3176 2641
Fax: 3176 5644

Postal and Location
Princess Alexandra Hospital
Ipswich Rd
Woolloongabba QLD 4102
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TRANSPORTATION REHABILITATION PROGRAM
Ph: 3406 2322
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PO Box 6053
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Location
3rd Floor, Buranda Village
Cnr Cornwall St & Ipswich Rd
Buranda, QLD, 4102
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- Repeat procedure again, you now have 150ml in your bladder. (Volumes instilled may vary with bladder capacity)
- Gently pull back plunger of syringe and withdraw 50ml
- Take note if there is any sediment or debris
- Clamp catheter again with your fingers (leaving 100ml in your bladder), remove syringe and empty it into the second kidney dish
- Refill your syringe and repeat the process until the fluid you withdraw is free of sediment
- Remove catheter
- Empty irrigation solution into toilet and clean your equipment

Possible Problems
- If you are unable to irrigate through your catheter do not force it, change catheter and try again. If the problem persists please see your local doctor, hospital or nurse

Infection
- If you notice your urine to be cloudy, smelly, stinging, burning and/or bloody please contact your local doctor, hospital or nurse. See website Urinary Tract Infections and Treatment

General Care
- Practice good genital hygiene

For Further Information
- National Continence Helpline - 1800 33 00 66
  The National Continence Helpline is staffed by a team of continence nurse advisors who can provide information, education and advice to Australians with or caring for someone with bladder or bowel control problems.
  - Contact the Queensland Spinal Cord Injuries Service

The information provided is a guide for information purposes only and does not replace or remove clinical judgement and professional care and duty necessary for each specific patient case.

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