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
- Catheter with funnel tip
- A 50ml catheter tip syringe
- 500ml bottled sterile water or boiled water cooled back down to room temperature
- Nelaton catheter
- Freezer bag
- Warm soapy water

Cleaning Equipment required for kidney dishes
- Milton- dilute as per instructions
- Soapy water
- Airtight 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 airtight container
- The container that you use to store your equipment should be scalded with boiling water once a week

Performing the irrigation
- 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 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 and empty bladder as per procedure ICSC Male, ICSC Female
- Rest the end of the catheter in the clean empty kidney dish
- 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
- 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
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
Woold loongabba QLD 4102
AUSTRALIA

TRANSLATIONAL REHABILITATION PROGRAM
Ph: 3176 9508
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PO Box 6053
Buranda, QLD, 4102

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SPINAL OUTREACH TEAM
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AUSTRALIA

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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QSCIS