

# Irrigating Your Urinary Pouch

Urinary pouches make mucus. This mucus can build up and stop or slow urine drainage. When urine doesn't drain, it can cause you to be uncomfortable. It can also cause an infection. Irrigating your bladder can help prevent these problems.

Irrigating means rinsing with fluid.  
At home, you will use normal saline.

## Irrigating Instructions

1

Get your supplies. You will need:

- 60 mL syringe
- saline and container
- 3 alcohol swabs



2

Wash your hands with soap and water. Dry them on a paper towel or a freshly laundered cloth towel.



3

Put the syringe down into the saline. Pull back on the plunger to pull saline into the syringe. Fill the syringe with 60 mL of saline.



4

Disconnect the end of the drainage tube. Clean the end with an alcohol swab.



5

Connect the syringe to the tube. Gently push the plunger in so the saline goes into the bladder pouch.



6

Gently pull back on the plunger to bring the saline out of the pouch, back into the syringe. If the saline does not come back, fill another syringe with saline. Push the saline into the bladder pouch. Again, pull the saline out of the pouch into the syringe. If the saline does not come back into the syringe this time, lower the tube and let it drain out by gravity.



7

Keep putting new saline in and taking it out until the saline coming out is clear.



8

Clean the end of your tube with a new alcohol swab.



9

Clean the connector on the drainage bag with a new alcohol swab.



10

Reconnect the tube to the drainage bag.



11

Wash your hands.