

**USING A BLADDER MAINTENANCE SOLUTION**

Equipment:

- Single use disposable plastic apron
- Depending on technique sterile or non sterile gloves
- Appropriate maintenance solution
- Sterile urine drainage bag
- Access to hand hygiene facilities/alcohol hand gel

No	Procedure	Rationale
1	Explain the procedure to the patient	So that the patient is fully informed
2	Protect bed or chair	
3	Prepare solution in accordance with manufacturer’s instructions	The solution should be at body temperature to prevent discomfort.
4	Cleanse hands, put on single use disposable plastic apron and non sterile gloves, empty urine drainage bag and dispose of urine according to local policy.	To reduce the risk of infection.
5	Position comfortably, ensuring ease of access to the catheter. Remove gloves.	Maintain privacy and dignity through procedure.
6	Cleanse hands and put on sterile gloves.	Handling of the irrigation system and catheter should be performed aseptically.
7	Disconnect leg bag or flip flow valve Holding catheter 3 cm from end, insert solution connector into catheter.	To ensure good connection and prevent urine leakage.
8	Perform irrigation, following manufacturer’s instructions.	To ensure patient safety and comfort.
9	Remove connector from catheter and re-connect to sterile drainage bag.	To reduce the risk of infection.
10	Remove gloves, apron and cleanse hands. Dispose of equipment according to trust policy	To reduce risk of infection.
11	Record procedure and any problems in patients documentation (including urinary catheter passport).	To provide a point of reference or comparison in the event of later queries.

**References**

Mallett, J (2015) *The Royal Marsden Hospital Manual of Clinical Nursing Procedures*. 9<sup>th</sup> Edition. Blackwell Sciences. Oxford

Royal Marsden Hospital Manual of Clinical Nursing Procedures (2015) Ninth Edition, (Online). (Accessed March 2018)