

How to Clean Urinary Catheters at Home

Before using this procedure, ask your Doctor, LPN, or caregiver if it is alright for you to clean and reuse your catheters.

Equipment Needed:

- ✓ Container large enough for catheters and solution
- ✓ Cleansing solution (mixed immediately before use):
 - ½ hydrogen peroxide and ½ water OR
 - 1 Tablespoon bleach in 1 quart water OR
 - Warm soapy water
- ✓ Plastic bag or storage container
- ✓ Clean towel

Procedure

1. Immediately after intermittent catheterization, wash catheter inside and out with warm soapy water; rinse thoroughly.
2. If you have chosen warm soapy water as your cleaning method, store cleaned and dried catheters in zip-lock bags at this time, otherwise store cleaned and dried catheters together until ready for disinfecting.
3. Prepare one of the above cleansing solutions and pour into container.
4. Wash hands with soap and water prior to handling catheters.
5. Place washed catheters into container with solution and allow to soak for 30 minutes.
6. Rinse with clear water.
7. Dry with clean towel.

Notes

- Disinfected catheters may be stored together or individually in zip-lock bags.
- Regardless of the cleansing solution that you use, mark the cleaning date on the storage bags. Catheters must be recleaned if not used within two weeks.
- The cleansing solution must be thrown out after each use. All solutions should be mixed immediately before each use.
- Throw out any catheters that become hard, brittle, or cracked.
- With multiple caregivers, it is recommended that bleach or peroxide cleansing solution be used at home if sterile catheters are not available. When self-catheterizing or with a single caregiver, warm soapy water may be used.