

ALTERNATE INSTRUCTIONS FOR CATHETER CLEANING

1. In a large container mix 1 gallon of water with either 1/2 cup of household bleach (Clorox) or 1/2 cup of Apple cider vinegar. You can also just use soap and water as stated in the self-catheterization instructions.
2. After using the catheter wash it with soap and water then place it in a small container with some of the cleaning mixture you have prepared according to above instructions. Allow the catheter to soak for 20 minutes. Discard the solution after each use.
3. After soaking the catheter, let the catheter air dry on a paper towel. This is very important because moist catheters can grow bacteria.
4. After catheter has completely dried (inside and out) store it in a plastic bag. Ziploc bags work well.
5. Catheters may be reused until they become brittle, cracked, or do not drain well. They should be replaced monthly regardless of condition.
6. It works best if you have 2 catheters and alternate them every other time. This will allow the catheters to dry completely between each use.

If you have any questions or concerns about the care of your catheter, please call our office at 402-489-8888. Phone hours are Monday thru Thursday 8:30-11:30 and 1:00-4:30 pm, and Friday 8:30-11:30 and 1:00-3:30 pm.