



Cleaning your Drainage bag

Cleaning your drainage bag is a common way to prolong the life of your bag and prevent infection. Two commonly used cleaning solutions are available to be mixed at home. Use **one** of these solutions to clean your drainage bag:

1. **Bleach Recipe (diluted 5.25% sodium hypochlorite)***
 - 1 part bleach to 10 parts tap water
 - 1 tablespoon (15 ml) of bleach + 2/3 cup (150 ml) of tap water
2. **Vinegar Recipe (0.25% Acetic Acid)**
 - 1 part vinegar to 3 parts water
 - ½ cup (125 ml) of vinegar + 1 ½ cup (375 ml) of tap water

Procedure

1. Wash your hands.
2. Disconnect the drainage bag from your catheter.
3. Empty urine from the bag into the toilet.
4. Fill the bag with 200 mL of cold tap water by using a plastic squirt bottle through the connector for leg bags or through the top tubing for night bags.
5. Shake the water in the bag vigorously while counting slowly to ten.
6. Empty the water out through the bag's drainage spout into the toilet
7. Repeat steps 4 to 6. **Rinsing must be done twice.**
8. Using a plastic squirt bottle or funnel, put approximately 30 ml or 2 tablespoons (1oz) of the premixed cleaning solution into the bag.
9. Shake the bag well to make sure that the cleaning solution touches the entire inner surface of the bag.
10. Drain the cleaning solution into the toilet.
11. Rinse the bag with tap water (steps 4 to 6).
12. Hang the bag on a hook and allow to air dry until the next use.

Example of a night bag



connector

drainage spout

Example of a leg bag



* Urol Nurs. 2003 Oct;23(5):334, 339

Contact your Nurse for more information.

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