

Flushing Your Catheter - The James

To keep your catheter from clogging, it should be flushed with a normal saline solution. Flushing clears any blood or medicine from inside the catheter, so it will not clot or get blocked.

Follow the instructions below for when and how to flush your catheter:

- Flush the catheter before and after each time it is used (after medicine is given or blood is taken).

Other instructions may include:

- Flush with 0.9% normal saline **when the catheter is not in use:**

___ Each day

___ Each week

___ As directed by your care team _____

- Flush the catheter with 0.9% normal saline if you see blood in the catheter.

Supplies for Saline Flush

Here are the supplies you will need:

- Pre-filled 10 ml saline syringe

Never use a syringe smaller than 10 ml because it may put too much pressure on your catheter and damage it.

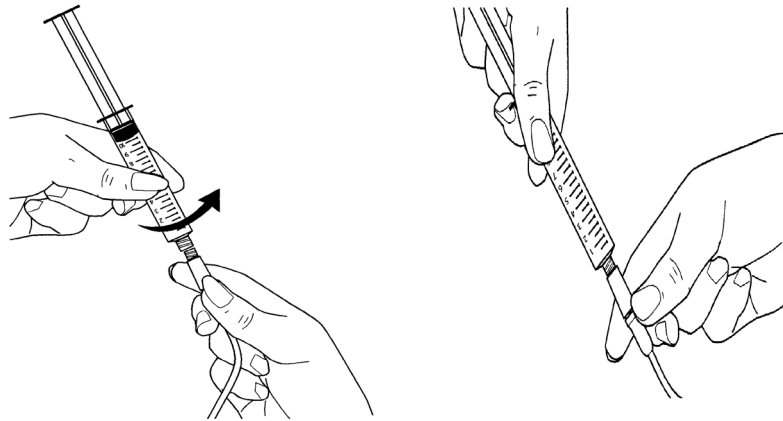
Other supplies you will need:

- Port protector (such as a Curos) **or** alcohol pads
- Disinfectant household cleaner spray **or** disinfectant wipes
- Paper towels
- Container for used needle and syringe

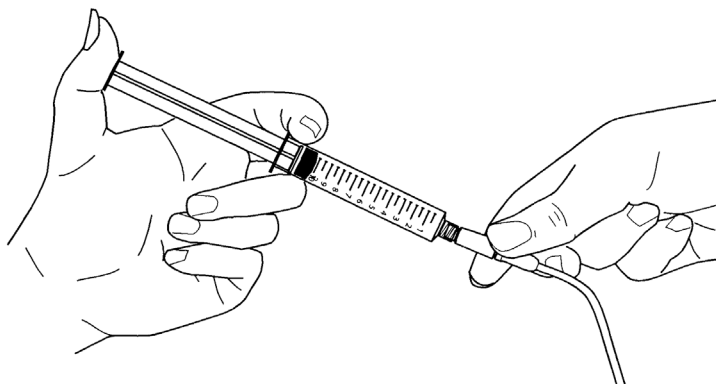
This handout is for informational purposes only. Talk with your doctor or health care team if you have any questions about your care.

Flushing the Catheter

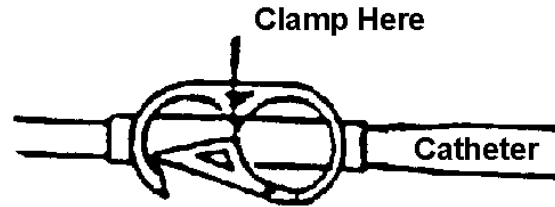
1. Wash your hands well with soap and warm water or use alcohol based hand sanitizer.
2. Clean the flat surface where you will be setting your supplies with disinfectant spray and paper towels or disinfectant wipes.
3. Get a pre-filled saline syringe and a new port protector (such as a Curos). If you do not use a port protector, use a new alcohol pad to clean the end of the injection cap.
4. Remove the port protector. If you do not use a port protector, scrub the injection cap with an alcohol pad for at least 15 to 30 seconds, then let the cap dry. **Do not** let anything touch the end of the injection cap once it has been cleaned.
5. Pick up the syringe with the saline solution. Remove the protective cover on the end of the syringe. **Do not touch the end of the syringe.**
6. Twist the syringe onto the injection cap.



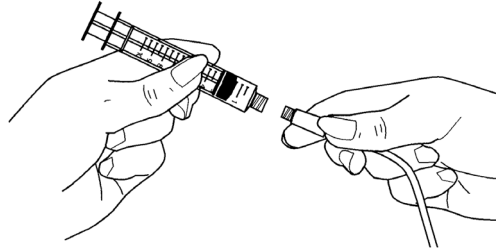
7. If you have a clamp on your catheter, open the clamp.
8. Push the plunger slowly to flush the saline through the catheter. If it is hard to push in the saline, stop and call your nurse or doctor.



9. If your catheter has a clamp, **close the clamp** before you remove the syringe.



10. Untwist and remove the saline syringe from the injection cap.



11. If you use a port protector, put on a new port protector to cover the injection cap.

12. Throw all used syringes into a puncture proof container.



13. Wash your hands well with soap and warm water or use alcohol-based hand sanitizer.