

# Cleaning and storing urinary equipment

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It is important to keep your child's urinary equipment clean. This can help to prevent bladder and kidney infections. Clean your child's equipment 1 time each day or as advised by your child's doctor.

**NOTE:** Only follow these steps for urinary bags that can be taken apart from the catheter. Do **NOT** do this on sealed, sterile urinary drainage systems.

Use the steps below to clean your child's:

- Bedside bag or leg bag
- Clean intermittent catheterization (CIC) bags or cups
- Urinal

## What are the steps?

- Wash your hands well with soap and water for at least 20 seconds.
- Dump all urine from the bag, cup or urinal in the toilet.
- Rinse the bag, cup or urinal with hot water. Swish it around for at least 10 seconds.
- Dump the hot water into the toilet.
- Rinse the bag, cup or urinal with hot water **again**. Swish it around for at least 10 seconds.
- Dump the hot water into the toilet.

You can reuse the bag, cup or urinal for 30 days if you do these steps every day. Replace the supplies sooner if they change color or smell. Check with your home health company for the manufacturer's advice.

## How do I disinfect the drainage bag?

After the bag is cleaned:

- Make a 1 to 10 bleach solution by mixing ½ ounce (oz) of non-perfumed household bleach with 5 ounces of cold tap water. Put the mixture in a clean, plastic container and use it **right away**. Do not save the mixture.
  - Use a clean squeeze bottle to squeeze the mixture into the bag, cup or urinal.
  - Swish it around for at least 30 seconds. The solution should touch all areas of the bag, cup or urinal.
  - The bleach mixture should rinse the part of the bag that touches the catheter.
  - Avoid touching and breathing in bleach. It can irritate the skin and lungs.
  - You may use 50 milliliters (mL) of distilled white vinegar if you do not have bleach.
- Dump the mixture from the bag, cup or urinal in the toilet.
- Let the bag air dry with clamps open.
- Wash your hands well again.
- Rinse the bag, cup or urinal with water before the next use.

**This teaching sheet contains general information only. Talk with your child's doctor or a member of your child's healthcare team about specific care of your child.**

**In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.**