



UROLOGY, P.C.

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Heparin-Kenalog Bladder Instillation

Medications Needed

- 1) 8cc 2% Lidocaine
- 2) 4cc 8.4% Sodium Bicarb
- 3) 40,000U Heparin
- 4) 0.3cc 40mg/ml Kenalog
- 5) 12cc Stereile Water

Supplies Needed

- 1) Catheter (1)
- 2) 60cc Syringe (1)
- 3) 1cc Syringe (1)
- 4) 5cc Syringe (1)
- 5) 12cc Syringe (1)
- 6) Sterile Cup (1)

Mixing Instructions

Mix above doses of Lidocaine, Sodium Bicarb, Heparin, Kenalog and Sterile Water in sterile cup.

Instillation Instructions

- 1) Empty Bladder
- 2) Clean External Urethra
- 3) Insert Catheter into Bladder
- 4) Using 60cc syringe pour above treatment into bladder per catheter and remove catheter
- 5) Treatment should be held for at least 30 minutes, longer will not cause any harm