



UROLOGY, P.C.

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THERAPEUTIC BLADDER INSTILLATIONS WITH ELMIRON

1. Draw up 8cc 2% Lidocaine and put in clean specimen cup.
2. Open 2 Elmiron capsules and empty the contents into the Lidocaine and shake up.
3. Add 3cc of 8.4% Sodium Bicarbonate to the mixture.
4. Add 12 to 20cc of sterile water to mixture and shake up.
5. Urinate to empty bladder first and then instill the above mixture into the bladder. Be sure to swirl the medication around right before instilling because it does settle to the bottom. You can also instill 3-5cc of sterile water after this mixture to make sure it all goes in.
6. Hold at least 15-20 minutes, longer does not hurt.

HOME CARE INSTRUCTIONS FOR INTERMITTENT CATHETER CLEANING

1. Mix in a large container 1 gallon of water (either tap or distilled) and either ½ cup of household bleach (Clorox) or ½ cup Apple Cider vinegar.
2. After using the catheter, wash it with soap and warm water.
3. Then place the catheter in a small container. Pour some of the water and bleach or vinegar solution over the catheter. Let this soak for 20 minutes. Discard the solution after one use.
4. After soaking the catheter, remove the catheter from the mixture and let it air dry on a paper towel. (This is very important – a moist catheter will grow more bacteria).
5. After drying for approx. 20-30 minutes, place the catheter in a plastic bag. (A Zip-Lock baggie works great!)
6. This catheter may be reused for about a month. If the rubber starts to break down and become sticky or rough please discard and obtain a new catheter.
7. It works best if you have two catheters and alternate them every other use. This gives the other catheter time to dry between uses.