

Contact Us

Urgent Questions or Concerns

Telehealth Nursing
651-229-3890

Other Questions About Your Care

St. Paul Clinic patients:
Nurse Call Line
651-578-5000

Patients at Other Locations:
Contact a member of your
Gillette health care team.

Appointments

651-290-8707

Vinegar Bladder Irrigation Protocol

For patients on intermittent catheterization with chronic bacteriuria and/or chronic bladder stones, irrigating the bladder with a dilute vinegar solution can be beneficial.

The recommended concentration is **0.25% acetic acid**. Most grocery stores carry white vinegar as a 5% solution. Therefore, to make appropriate bladder irrigations, it needs to be diluted at a ratio of roughly **20:1**.

To achieve this, see the chart below to determine what amount of 5% white vinegar solution you should mix with your normal bladder irrigation (homemade saline or sterile sodium chloride from the pharmacy).

Amount of 5% White Vinegar Solution to Mix In:	If Your Normal Bladder Irrigation Amount Is:
2.5 teaspoons (12.5 mL)	250 mL irrigation
5 teaspoons (25 mL)	500 mL irrigation
10 teaspoons (50 mL)	1000 mL irrigation
About 6 ounces	1 gallon irrigation

It might be helpful to remember:

- One teaspoon = 5 mL
- One tablespoon = 15 mL

Irrigate the bladder with this solution using the volumes and techniques you've discussed with your health care provider. In certain circumstances, your provider might instruct you to leave some irrigation in the bladder for a period of time to dissolve debris/mucous.

Discontinue irrigation if it causes pain or discomfort. Do not use this solution if you believe your child has an acute urinary tract infection.

Books, DVDs and More

Find materials about disabilities, medical conditions and support for caregivers.

Health Resources and Education

St. Paul campus, near
fourth-floor skyway

651-229-3938

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