

INFORMATION LEAFLETS FOR PARENTS / CARERS OF A CHILD

CLEAN INTERMITTENT CATHETERISATION (CIC) VIA MITROFANOFF



MITROFANOFF - APPENDICO-VESICOSTOMY CONTINENT CATHETERISABLE CHANNEL

A Mitrofanoff is a tubular structure tunnelled into the bladder and brought out onto the abdominal wall. It is made from the appendix or piece of small bowel. It creates a continent catheterisable channel to empty the bladder. During surgery the channel is tunnelled into the bladder in such a way as to create an anti-reflux valve which prevents urine leaking from the stoma.

REMEMBER.....

- Gather your equipment and have everything ready before washing your hands.
- This is a clean procedure. **Hand washing is extremely important.**
- Have your alcohol hand gel available to use.
- Ensure the mitrofanoff site is kept clean.
- **Routine drinking and catheterising is essential. ENSURE you catheterise 3 hourly. NEVER go without doing it for a prolonged time.**
- A good fluid intake of at least 1.5litres per day is essential. (Water based drinks)
- ALWAYS bring your catheter supplies (and flushing equipment if necessary) wherever you go!
- It is a good idea to leave a little supply of catheters in places you regularly visit such as school or relatives houses, or in the car.
- Never bend/kink the catheters in your bag/pocket, always roll them.
- Remove the mitrofanoff catheter if it blocks with mucus and insert another one.
- Continue with bladder flushes at least once daily and as required to remove mucus from the bladder.
- Before bed, use a non-lubricated catheter to empty and flush your bladder and tape it in place for overnight drainage. Flush again in the morning before removing the catheter. You will continue on overnight drainage for the foreseeable future until Mr Quinn reviews you.

WHEN YOU COME OFF OVERNIGHT DRAINAGE IT IS ESSENTIAL THAT YOU CATHETERISE EARLY IN THE MORNING. YOU MUST GET UP AND CATHETERISE AT THE WEEKENDS. DO NOT ALLOW YOUR BLADDER TO BECOME OVERFULL AS THIS WILL LEAD TO COMPLICATIONS

TO CATHETERISE A MITROFANOFF STOMA

- Insert the catheter into the Mitrofanoff stoma. Slight resistance will be felt as the catheter enters the bladder through the anti-reflux valve. Gently advance the catheter until urine starts to drain.
- Allow the urine to drain into the toilet or a receptacle.
- When the flow slows down or stops, advance the catheter gently to drain any residual urine.
- Ensure the bladder is empty by using your tummy muscles to push out any remaining wee.
- Pull the catheter out slowly, stopping if you get further drainage.
- Remove the catheter when urine flow ceases.
- Discard appropriately.

PROBLEMS THAT MAY ARISE

URINE INFECTION

Symptoms of a urine infection may include fever, vomiting, abdominal/back pain and strong smelling cloudy urine. Take a urine specimen and see your GP if you suspect your child has an infection. Increase fluid intake. It may be helpful to give your child a period of continuous drainage. Insert a nighttime catheter and attach a leg bag. Please document any infections; your GP will assist you with this. Bring this record to your next outpatient's appointment.

DIFFICULTY IN CATHETERISING

This may occur during infection, or due to inflammation of the channel. Do not keep trying if it is difficult or painful to insert the catheter - wait a short while and try again. Try a smaller or alternative catheter and tape it in place if you have major difficulty. Attach it to a drainage bag or insert a spigot and contact the Urology Department / Surgical Team / Our Lady's Ward for further advice.

BLOOD IN THE URINE

It is not unusual to see a few specks of blood in your child's urine or on the catheter especially when you first start catheterisation. If it persists or becomes heavy, contact the hospital.

For more information on Clean Intermittent Catheterisation (CIC) Via Mitrofanoff, please contact The Urology Department in Our Lady's Children's Hospital, Crumlin, Dublin.

CONTACT DETAILS:

Urology Department - Phone 01 4096100 – Bleep 6686 / 8686

SURGICAL TEAM (Mr. Quinn)

Phone 01 4096100 - Registrar Bleep 8610 / SHO Bleep 8629 - 9-5pm Monday – Friday

OUR LADY'S WARD

Phone: 01 409 6475 / 409 6556 - 24 hours

REMEMBER: Ask your nurse if you are unsure about anything about your child's care.

Additional instructions

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