

INFORMATION LEAFLET FOR PARENTS / CARERS OF A CHILD

GENERAL DISCHARGE INFORMATION

AFTER RECONSTRUCTIVE BLADDER SURGERY



This is a summary of what you will be taught to do before going home.

Your nurse will ensure you are confident in all areas of your child's care after surgery.

WOUND CARE

- Leave the wounds and catheter sites open to the air to promote healing. You can place gauze over the catheter sites if there is mucus to protect the clothes.
- Clean the catheter sites daily (Mitrofanoff/Supra pubic) with gauze and warm water as demonstrated by your Nurse. It is normal to see clear mucus around the site. This mucus is produced by the bowel tissue. Clean the site as needed throughout the day.
- The catheter sites can look slightly red, this is normal.
- Apply vaseline to any crusted areas using a cotton bud to soften and remove as demonstrated by your Nurse.
- The steristrips (paper stitches) will gradually fall off the tummy wound, you can remove them as they become loose.

SIGNS OF WOUND / CATHETER SITE INFECTION INCLUDE:

- Increasing redness
- Pain
- Swelling
- Pus
- Temperature. *If you are concerned please attend local GP/Hospital.*



HYGIENE

- Your child can shower as normal. We advise you to avoid sitting in bath water when you have catheters in place as it increases your risk of infection.
- After a shower, carefully dry the catheters and leg bags and change your straps.



CATHETER MANAGEMENT

The aim of the catheters is to keep the bladder draining at all times for the first 4-6 weeks. Due to the surgical repair we don't want the bladder to fill. Keeping the catheters secured and free flowing is extremely important. The catheters are connected to a collection bag (leg bag), which is attached to your leg with 2 velcro straps. There is a tap on the end for you to empty the bag regularly during the day.

- Always ensure your straps are tight enough and empty the bag when it is roughly half full to prevent it getting too heavy and causing tension on the catheter.
- The catheters are anchored to the skin at 2 points with tape. Change the tapes as required. Always empty your bags beforehand and change the tapes one at a time while sitting/lying down for safety and to prevent tension on the catheter.
- Always keep your catheter bags below the level of the bellybutton for drainage by gravity.
- Ensure the catheters are not kinked as this will stop the flow into the bag.
- At night connect the overnight drainage bag as demonstrated by your Nurse.
- Your child can return to school after surgery. It is important to avoid sports/cycling/boisterous play while the catheters are in place. Your child can resume all normal activity/sport once the catheters are removed.



CHANGING A LEG BAG *(empty before changing)*

- Gather your equipment and wash your hands.
- Clean the connection with an alcohol wipe.
- Gently manoeuvre the bag from the catheter opening, kink the catheter to prevent urine spillage.
- Connect the new bag ensuring it fits snugly into the catheter.

CONNECTING OVERNIGHT

- Gather your equipment and wash your hands.
- Clean the rubber bung of the leg bag with an alcohol wipe. Remove the cap from the night bag and insert into the rubber bung.

OPEN THE TAP *to allow flow*

- In the morning, close the tap, remove the bag, empty contents into the toilet and discard the bag in the bin.

SIGNS AND SYMPTOMS OF URINARY TRACT INFECTION

- Cloudy / foul smelling urine / temperature / feeling generally unwell / tummy / back pain / blood in the wee.
- Collect a wee sample from the catheter as demonstrated by your nurse and attend your GP for review and appropriate treatment. Please inform your Nurse in Crumlin about any infections.
- Please ask the GP to send all wee samples to the lab to be tested before starting antibiotics. All results should be sent to your Consultant / Nurse.

OTHER POTENTIAL COMPLICATIONS

- ** Before discharge home all potential issues that may arise and the management will be discussed with you in detail during your training ****
- If you have any concerns or questions please contact the Urology Nurse/Team -

The amount of urine draining slows down or stops

- Ensure your child is drinking the recommended amount as discussed with your nurse.
- Check the position and ensure the catheter is below the level of the bellybutton and the tube is not kinked.
- Flush the catheter as demonstrated by your nurse to remove any mucus that may block it.

The catheter falls out

- Contact OLCHC or your local hospital for further advice and reinsertion.
- **PLEASE follow the steps to manage and secure the catheter.**

IMPORTANCE OF HAND HYGIENE

- A catheter associated urinary tract infection occurs, when germs enter the urinary tract through the catheter and cause infection.
- Good hand hygiene can reduce the risk of infections.
- **ALWAYS** wash your hands before and after handling the catheter and emptying the drainage bags.

EQUIPMENT AND SUPPLIES

Bladder tip syringe / green connector

- Change weekly.
- Dismantle it and wash in hot soapy water after each use. Air dry and store in a clean container or zip lock bag.

Leg Bags

- Change weekly or more frequently if there is a lot of mucus in the bag.

FlipFlo Valve

- Change weekly

Overnight bags

- Single use.
- Attach a new bag each night.

Collecting a wee sample

- NEVER take a sample from a drainage bag as it is not sterile.
- Clean the leg bag connection with an alco wipe, kink the catheter and remove the leg bag.
- Allow the wee to drip into the sterile container.
- Reinsert the leg bag.



Storage

- Store your flush equipment in a plastic container with a lid. Use a zip lock bag when you are out and about.
- You could leave a flush pack in school in case it is needed.

Suppliers

- Your pharmacy will source and supply your equipment.
- Medical card holders will receive syringes/saline/alcowipes from the Public Health Nurse as they are not covered on GMS.
- If you do not have a medical card you will get your supplies on the Drugs Payment Scheme which involves a monthly capped charge.
- Prescriptions will be sent prior to your discharge to ensure supplies are ready for you and you will be given supplies to cover you for the first few days at home.

ORDER CODES
BD Plastipak catheter tip syringes 60mls 300867
Bard leg bags direct inlet 350mls D3S (500mls Ref code D5s) (10 per box with 1 pair of straps per box)
Bard overnight bag D1MT (10 per pack)
Bard Flip-Flo Catheter Valve BFF5 (5 per box)
Coloplast Simpla Profile overnight bag SIMPLA 21578 (10 per box)
Coloplast Simpla 350ml leg bag SIMPLA 21563 (10 per box with 1 pair of straps per box)
Colplast Catheter Valve C/PLAST CV3808 (10 per box)

For more information on **General Discharge Information after Reconstructive Bladder Surgery**, please contact Urology Department in Our Lady's Children's Hospital, Crumlin, Dublin 12.

CONTACT DETAILS:

Urology Department - Phone: 01 409 6100 – Bleep 6686 / 8686

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

Additional instructions

Developed by Liz Boyce, Clinical Nurse Specialist, Urology Department

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