



Catheterization Through the Mitrofanoff Stoma

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Gather your supplies:

- ✦ catheter
- ✦ water-soluble jelly
- ✦ clean face cloth or moist unscented towelette
- ✦ collection bottle
- ✦ 60cc syringe
- ✦ saline



Place catheter into the stoma:

- ✦ slide the catheter downward into the stoma
- ✦ it may get harder to push as the catheter reaches the bladder
- ✦ keep pushing *gently* until urine flows
- ✦ when urine flow begins stop pushing the catheter
- ✦ let the urine drain into the toilet or a bottle until the flow stops then, push the catheter another 1/2 to 1 inch further. Urine may or may not continue to flow.



Wash your hands:

- ✦ scrub with soap and water for *one minute*
- ✦ pay attention to the space between the fingers
- ✦ rinse with running water
- ✦ dry well with a clean towel



Irrigate the bladder (three times a day):

- ✦ fill a 60cc syringe with saline
- ✦ attach the syringe to the catheter while it is still in the stoma
- ✦ push the saline gently through the catheter into the bladder
- ✦ pull the saline back into the syringe
- ✦ if the saline does not come back into the syringe, remove the syringe from the catheter and let the saline drain slowly from the catheter



Clean the stoma site:

- ✦ there may be some drainage around the stoma site
- ✦ clean the stoma with a face cloth, soap, and water or an unscented towelette



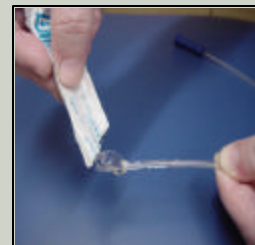
Remove the catheter:

- ✦ wash the catheter and syringe in clean soapy water
- ✦ then, rinse in running water
- ✦ dry with a clean towel or air dry
- ✦ store it in a clean case or plastic bag
- ✦ we suggest you use the same catheter for *24 hours* and then *throw it away*
- ✦ the syringe can be used many times
- ✦ we recommend you not put the equipment in boiling water or a microwave oven because it may cause the plastic to breakdown



Prepare the catheter

- ✦ remove the catheter from the paper package
- ✦ try not to touch the first few inches of the catheter with your fingers
- ✦ apply the water-soluble gel on the first two inches of the catheter



Remember to wash your hands after you catheterize yourself!

