RankenJordan
PEDIATRIC BRIDGE HOSPITAL

Intermittent Sterile Catheterization for Mitrofanoff or Monti

What is a Mitrofanoff?

- A Mitrofanoff ("me-TROFF-an-off") is where a tunnel is created to access your child's bladder through a stoma in or near the bellybutton.
- Your child's surgeon used your child's appendix (small organ that is attached to the large intestine) or ureter (a tube that carries urine from the kidneys to the bladder) to create the tunnel connecting the bladder to their bellybutton.
- You can insert a catheter (a small flexible tube) into your child's stoma to drain urine from their bladder.

What is a Monti?

- A Monti is where a tunnel is created to access your child's bladder through a stoma in or near the belly button.
- Your child's surgeon used a part of the small intestine to create the tunnel connecting the bladder to their bellybutton.
- You can insert a catheter (a small flexible tube) into your child's stoma to drain urine from their bladder.

Why does my child have a Mitrofanoff or a Monti?

- Your child has a condition that prevents them from being able to urinate on their own such as:
  - Birth defect
  - Spinal cord injury
  - Neurogenic bladder

Why does my child need intermittent cathing?

- Your child needs intermittent catheterization ("cathing") because they cannot empty their bladder fully on their own. This is often caused by damage to the nerves connecting the spinal cord and the sphincter muscles (muscles that tighten to hold urine in or relax to let urine out).

- Emptying the bladder with a catheter throughout the day allows your child to be dry between cathing. This helps prevent urinary tract infections, problems with the kidneys, and other more serious problems.

How often does my child need Intermittent Cathing?

- Your child needs to be cathed through their Mitrofanoff at the following times every day: _____

- It is important that you cath your child on time and do not skip any scheduled times.

- If you miss any of the above times, cath your child as soon as possible.

What does "sterile" mean and why is it important?

- The goal of sterile technique is to prevent your child from getting infections.

- Sterile technique involves using sterile gloves and equipment that has not been exposed to germs.

- The key to sterile technique is to remember not to accidently touch anything sterile (your sterile gloved hand or sterile catheter) to a surface or object that is not sterile.

How do I perform the cathing through my child's Mitrofanoff?

1. Gather supplies. You may have a cath kit or you may need to use separate supplies. *Picture A.*
    a. Catheter—size: _____French
    b. Sterile gloves
    c. Betadine
    d. Container for urine
    e. Water soluble lubricant

2. Move your child into a private place and move your child's clothing so that you can access their stoma (opening at or near the bellybutton).

3. Wash your hands.

4. Set up sterile supplies –
    a. Open kit.
    b. Put on sterile gloves. Do not touch anything that isn't sterile once you have the sterile gloves on.
    c. Organize supplies on sterile drape or in tray. *Picture B.*
        i. Open lubricant – you may leave it in the packet or squirt onto tray or sterile drape.
        ii. Open betadine packet.

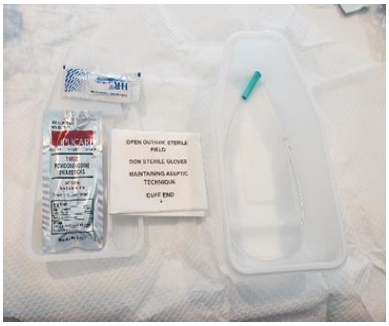
5. Remove a betadine swab stick from the open package with your dominant hand and cleanse the Mitrofanoff or Monti stoma.

    a. Place the tip of the betadine swab stick on the stoma. *Picture C.*

    b. Cleanse the stoma with the swab stick making a circular motion with the swab stick.

    c. Cleanse with all 3 swab sticks the same way, always starting at the center of the stoma but moving further outward with each swab stick. *Picture D.*

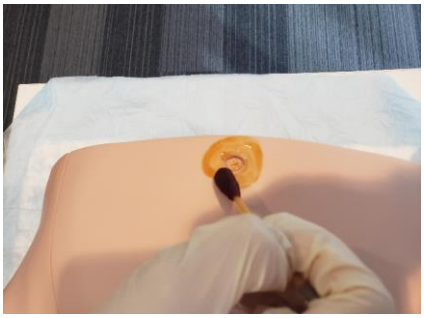
Picture A.



Picture B.

Picture C.

Picture D.



6. Apply lubricant to the tip of the catheter.

Picture E.

7. Insert the catheter into the stoma until urine appears in the catheter. Place the drainage end of the catheter into the container, such as a urinal, to collect the urine. There is usually a colored, rubber end on the drainage end of the catheter. *Picture E.*

8. Push the catheter in one more inch to make sure it is well in the bladder. The catheter may go in very far before urine starts flowing out. *Picture F.*

Picture F.

9. Once the urine stops flowing, gently push on the lower stomach over the bladder to make sure the bladder is empty. *Picture F.*

10. When there is no more urine coming out of the catheter, pinch the catheter to prevent leakage and backflow of urine into the bladder, and gently pull the catheter out. *Picture G.*

Picture G.

11. Use soap and water or a baby wipe to clean any excess urine off your child's skin.

12. Pour the urine down the toilet. Rinse the supplies you need to keep for later with warm, soapy water. Throw away any other supplies.

How to flush your child's Mitrofanoff:

- Flushing your child's Mitrofanoff helps prevent bladder stones and infections.
- You should flush your child's Mitrofanoff every day at _____.
- Use _____mL of Normal Saline to flush your child's Mitrofanoff.

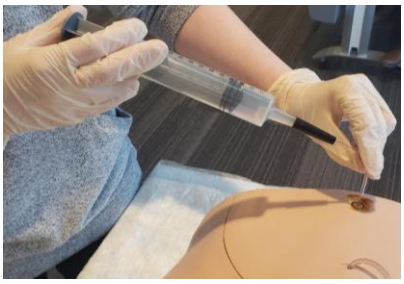
1. Gather supplies (do this prior to catheterizing your child). *Picture A.*
    a. 60mL syringe
    b. Normal Saline

Picture A.

2. Fill the syringe with Normal Saline.

3. After you catheterize your child but before you pull the catheter out, attach the syringe to the drainage end of the catheter. *Picture B.*

Picture B.



4. Gently push on the plunger of the syringe to push the Normal Saline through the catheter. *Picture B.*

5. Pinch the catheter to prevent leakage and repeat steps 2-4 if you need to put in more than 60mL of Normal Saline.

Picture C.

6. After you have pushed all the Normal Saline through the catheter, pull back the plunger on the syringe to suck the fluid back into the syringe. Squirt the fluid out of the syringe and repeat as needed to remove all the Normal Saline. *Picture C.*

7. Throw the Normal Saline away.

8. Pinch the catheter to prevent leakage and backflow of urine into the bladder, and gently pull the catheter out. *Picture D.*

9. Rinse the supplies you need to keep for later with warm, soapy water. Throw away any other supplies.

Picture D.

*Note: It is normal to see mucous threads in urine that comes out of a Mitrofanoff or Monti.

When to call the doctor:

- You are unable to pass the catheter through the Mitrofanoff or Monti stoma
- There is no urine coming out of the catheter when you insert it
- There is blood on the end of the catheter
- Fever
- Foul-smelling urine
- Blood in the urine
- Pain in the lower back or lower abdomen
- Pain while catheterizing