

Mitrofanoff care

Introduction

A mitrofanoff is a small passage from the bladder to the surface of the skin, created during a surgical procedure. The opening to your child's mitrofanoff will be in or near their belly-button. Your child will need to be catheterised via the mitrofanoff, to empty their bladder, every three to four hours or as directed by your doctor

Equipment

You will be discharged from hospital with the following supplies:

- Catheters
- Lubricant
- Night bag
- Alcohol swabs

Catheterisation

- Always wash your hands prior to catheterisation
- Gently clean the mitrofanoff opening with water and mild soap or wipe
- Apply lubricant to the end of the catheter that goes into the mitrofanoff
- Slowly insert the catheter into the mitrofanoff until urine flows out the tube. Drain the urine into the toilet.
- When the bladder is empty, slowly pull the catheter out
- Wash the catheter with warm soapy water. Allow the water to flow through the catheter. Rinse with water and allow the catheter to air dry.

Caring for your child's catheter

- Always wash your hands before and after touching the catheter and mitrofanoff opening
- Hold the opening of the catheter below the level of the mitrofanoff to assist with urine flow
- It is important to keep the catheter night bag below the level of the bladder, ensuring the tubing does not become twisted or kinked, to promote urine flow
- Never force the catheter into the mitrofanoff as this can cause pain and discomfort for your child
- Encourage your child to drink plenty of fluids

Drainage bag care

You will need to connect the mitrofanoff catheter to a night bag for overnight continuous drainage.

- Insert the catheter into the mitrofanoff and secure to your child's body
- Using an alcohol swab, swab the end of the catheter and the outlet of the night bag tubing
- Connect the night bag to the mitrofanoff catheter

To empty the night bag: wash your hands, swab outlet, release clamp and drain out urine into toilet, close and swab outlet again.

Cleaning the night drainage bag

The night drainage bag must be washed after each use.

- Ensure bag is empty
- Fill sink with warm soapy water. Open outlets and allow soapy water to flow through bag. Rinse with running water and hang to dry.

Night drainage bags should be discarded after seven days of use.

Follow-up

Your doctor will advise when to make your follow up appointment.

When to contact your surgeon

Please contact your surgeon if your child if:

- You have difficulty inserting catheters into your child's mitrofanoff
- You notice a change in the urine e.g. cloudy, has an offensive smell or contains blood
- The urine stops draining and you are unable to flush the mitrofanoff (only do this if you have been shown how to by nursing staff)
- There is persistent leaking around the mitrofanoff site
- Your child has a persistent temperature greater than 38.5°C which cannot be explained by a cold, ear infection or other illness
- Your child has increased pain or discomfort
- There is signs of infection around the mitrofanoff site, such as discharge/pus, redness or swelling

Additional supplies

Additional supplies for catheterisation and catheter care can be purchased from:

Independence Australia

Building 46, 9 Ashley St, West Footscray 3012
1300 788 855
Continence Nurse Advisor: 03 9494 4020

Royal Children's Hospital

Equipment Distribution Centre
03 9345 5325

Please ask nursing staff for additional location details for equipment supplies if required.

A note before you leave the hospital

Please report to the reception desk in the foyer of the hospital before leaving to finalise any administrative paperwork.

Questions

If you have any questions or concerns, please don't hesitate to contact your discharge ward on the number below.