

## Some Questions Answered

### Do I need to eat a special diet?

No, but you should eat a healthy well balanced diet with plenty of fresh fruit and vegetables as vitamin C helps keep your urine clear.

### Do I need to drink extra fluids?

Children should drink 1-1½ litres each day.

Cranberry juice is recommended as it is believed to prevent mucous build-up and is high in vitamin C.

### Can I bathe and shower?

Yes. If you like to lie and soak for a long time then you may want to wear a waterproof dressing over your stoma.

### Will I be able to return to school?

Yes, you will know when you are ready to return to school since you will be feeling so much better.

### What about sports/activities?

No problem. Carry on swimming, playing games or any other non-contact sporting activities you enjoy.

**However:** if you wish to play a contact sport, where there is an increased risk of abdominal injury, please discuss this with your surgeon.

**(Make sure your bladder is empty, as this will lessen the risk of bladder perforation).**

### Can I still go away on holiday?

Yes you can go away from home. Make sure you have enough supplies with you and keep to your usual management routine. If you are going abroad check with your doctor/urologist. It is advisable to catheterise before starting a long journey. You may wish to leave a catheter in attached to a drainage bag for a long journey especially on a plane.

**Note:** This is general information only and the situation can vary from case to case.

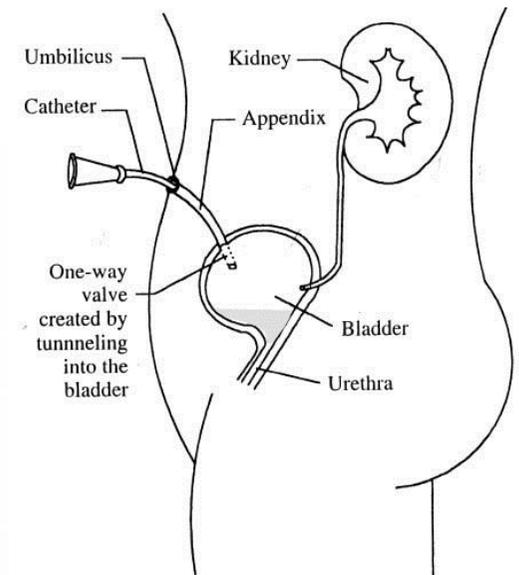


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# Me and My Mitrofanoff

## A Patient Guide



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# A Guide to Mitrofanoffs

## Introduction

This brochure provides some general information and advice for patients considering, or have, a continent cutaneous diversion of urine. This is generally called a Mitrofanoff.

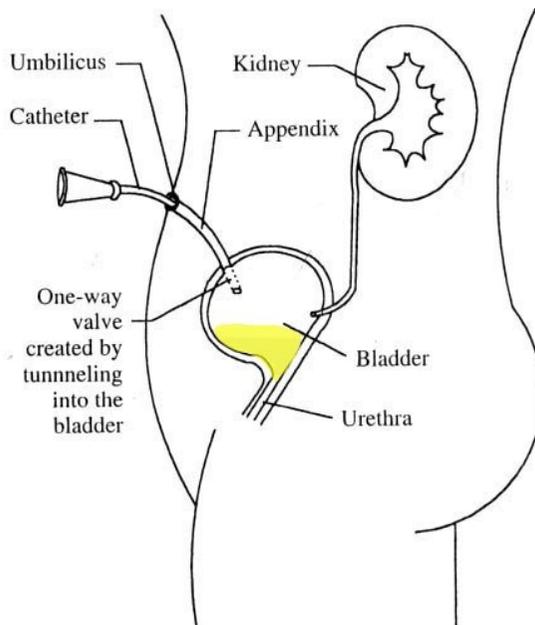
A Mitrofanoff is usually formed when you have a Bladder Augmentation procedure (see bladder augmentation brochure).

A Mitrofanoff is formed in order for you to pass a catheter into your bladder to empty it of urine.

It may have been formed using your: -

- Appendix
- Ureter
- Part of the small Intestine
- Any other organ.

### Illustration of Mitrofanoff Channel



Graphic by Lyn Sapp and Patrick Forbes

## Catheterising

- Always start by washing your hands.
- Prepare equipment
- Gently introduce the catheter into your Mitrofanoff. Insert the catheter until urine is draining out freely. (Some people experience a slight 'pop' as their catheter goes into the bladder.)
- When the catheter stops draining, try the following:- *(It is important to empty your bladder completely).*
  - Gently insert catheter in further.
  - Gently push on your abdomen.
  - Move around/ change position.
  - When removing the catheter, withdraw it slowly to drain any residual urine.
- Wash the catheter, shake dry and store in an airtight container or bag. Wash your hands.



## Bladder Washouts/Irrigations

If your bladder was enlarged using a "patch" of bowel, this "patch" will continue to produce mucous. You will need to wash your bladder out with saline as this helps:

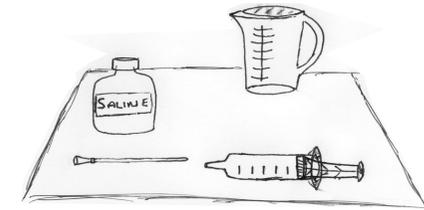
- to help prevent a build-up of mucous.
- reduce the risk of stone formation.
- to reduce the frequency of urinary tract infections.

Initially you will need to do this once a day. In time it may be possible to decrease the frequency.

### Preparation:

Make sure you have everything you need:

- Catheter
- Saline solution
- Jug or bowl
- 50ml catheter tip syringe
- Lubricating gel if necessary



## Procedure

- Follow steps 1–3 as for catheterising.
- Ensure your bladder is empty.**
- Draw up 50mls of saline into the syringe.
- Attach the syringe to the catheter.
- Slowly instil the saline into your bladder.
- Disconnect the syringe from the catheter and repeat steps c, d & e.
- Once syringe is empty, gently withdraw the saline back into the syringe.
- Empty syringe into your bowl or jug.
- Repeat step h) and i) until bladder is empty.
- Withdraw the catheter completely and wash in warm soapy water, rinse, dry and store in airtight container.

## Precautions

You should notify your doctor/nurse if:

- There is blood in your urine.
- You have a temperature and are sweating or shivering.
- If the Mitrofanoff stoma has narrowed preventing you from inserting your catheter.
- You are unable to drain urine
- Your urine is smelly.

**Important:** It is recommended that during the day you catheterise at least every 4 hours. Bladder perforation can occur and may be life threatening. **S&S:- abdominal discomfort, distension, nausea, vomiting and peritonitis.**