

CLEAN INTERMITTENT CATHETERISATION VIA APPENDICO- VESICOSTOMY OR THE MITROFANOFF CATHETERISABLE URINARY CHANNEL HOMECARE GUIDELINE[®]

This is a procedure that has been developed to enhance the quality of life for people who for a variety of reasons are unable to perform self-clean intermittent catheterisation through the natural urethra. In 1980, Mitrofanoff, a French physician, described his technique for creating a continent urinary channel that could be catheterised. The technique consisted of creating a channel (using the appendix) to gain access to the bladder from outside the body. This is done by isolating the appendix with its blood supply intact and creating an entire fluxing tunnel submucosally into the bladder wall. The colonic end is then brought to the skin and used as a stoma for catheterisation (see attached diagram). The stoma is quite often located in the umbilicus.

METHOD

The recommended method for catheterising the Mitrofanoff channel or appendico-vesicostomy is the clean technique used for urethral intermittent catheterisation. This procedure is usually performed independently by the person with the stoma (usually every 3-4 hours or as required), but some assistance may be required to lubricate the catheter or hold the urine collecting bottle.

EQUIPMENT

- A clean firm Nelaton PVC Male length Catheter of an appropriate size
- Water based gel to lubricate catheter
- Wet wipes
- Plastic Container to collect the urine
- Gloves are optional – preferably non latex

TECHNIQUE

1. Wash your hands with soap and water and dry with a paper towel or use antibacterial gel.
2. Access the stoma and wipe with a clean wet wipe.
3. Lubricate the tip of catheter with gel.
4. Insert the catheter into the stoma channel until urine appears (place funnel end of catheter into plastic bottle to collect the urine).
5. Change the position to ensure all urine drained from bladder.
6. When the urine stops flowing, slowly remove the catheter.
7. Wash the catheter and empty the urine into the toilet.
8. Wash and dry your hands.
9. Dispose of the rubbish appropriately.

Illustration of Mitrofanoff Channel (Appendico-vesicostomy)

