

Mitrofanoff Catheterization with a Foley Catheter

Your care team may decide that your child needs to have all night or non-stop drainage with the use of an indwelling Foley catheter (rubber tube). The procedure is easy to learn and quickly becomes part of your child's daily routine. Putting in a Foley catheter can be done at home, school, or any place your child goes.

Why does my child need an indwelling catheter?

There are many reasons why your child may need to have an indwelling catheter. Your child's doctor will tell you specifically why this is needed. If your child can't fully empty their bladder, old pee stays in it. This old pee is a good place for bacteria to grow and can cause a urinary tract infection (UTI), or bladder infection. In some cases, the bladder doesn't relax as it fills. This can cause an increase in pressure in the bladder that can harm the urinary tract.

Catheterization helps to fully empty the bladder to:

- Treat urinary retention (or not being able to pee)
- Lower bladder infections
- Decrease wetting throughout the day
- Help stop urinary tract damage

What is the difference between all night drainage and non-stop drainage?

All night drainage means that the catheter is placed at bedtime and removed in the morning. Non-stop drainage means the catheter will be placed once every 4 weeks and stay in place, continuously draining to a bag or into a diaper. Your doctor will tell you which choice is best for your child.

How to put in a Foley catheter:

Supplies needed:

- The right size Foley catheter (your doctor will tell you what size you need to use)
- water-based lubricant like KY Jelly
- Baby wipes
- 10 ml syringe
- Sterile water

Steps for catheterization by Mitrofanoff channel:

1. Get all the supplies you need and put them nearby.
2. Wash your hands with warm, soapy water.
3. Draw up 3-10 mL of sterile water in the syringe to blow up the balloon in the catheter after you've placed it into the bladder (your doctor or nurse will tell you how much you need for the size of catheter your child is using).
4. Your child can lie down, sit on, or stand by the toilet- whatever they like best. If your child is in a wheelchair, they can stay in in the chair during catheter placement if they want.
5. Grease the end (tip) of the catheter for several inches with the water-based lubricant like KY jelly.
6. Use a washcloth or disposable wipe to clean the opening to your child's Mitrofanoff.

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7. Gently push catheter into the opening (stoma) at a 20-30-degree angle pointing down toward diaper/underwear. The catheter should gently slide into bladder. If you are having trouble putting the catheter in, have your child take a few deep breaths or reposition your child before trying again.
8. Pee should start to flow once you are in the bladder. Push the catheter in about 1 inch further and hold it in place. If you don't see pee coming out of the catheter and feel you are in far enough, see troubleshooting tips below **before** blowing up the balloon.
9. Attach the syringe with water in it to the balloon port of the catheter. You will attach the syringe by gently pushing in and turning to the right. Have your child or someone else help you if you feel like you need to use both hands for this step. The image on the right shows you an example.
10. Don't move the catheter while you are attaching the syringe or blowing up the balloon. It is very important that you see pee coming out of the tube before you blow up the balloon to make sure you are inside the bladder. Push water into the balloon by pressing down on the syringe.
11. Remove the syringe by twisting it to the left and keeping your thumb on the plunger and pulling off the syringe. The catheter should feel stuck inside the bladder if you pull gently on it.
12. Attach the catheter to the drainage bag or tuck it into an outside diaper (double diapering) if told to do so by your doctor.
13. To attach the catheter to a drainage bag, connect the opening where pee comes out to the connection piece on the drainage bag.



Figure 1: Example of how to attach the syringe to the balloon port.



Figure 2: Foley on the left, drainage bag on the right.



Figure 3: Foley and Drainage bag connected.

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Author: Urology | Approved by Patient Education Committee | Valid through 2027

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How to remove a Foley catheter:

If your child only needs the catheter for drainage at night, you will remove it each morning by following these steps:

1. Wash your hands with soap and water.
2. Unplug the catheter from the nighttime drainage bag.
3. Attach 10 mL syringe to balloon port. The image on the right shows an example.
4. Push and twist to the right to attach syringe.
5. Pull back on plunger until water stops coming out of the balloon.
6. Remove syringe by twisting to the left and pulling off the balloon port.
7. Gently pull on the catheter to remove from your child's urethra. It should easily slide out without feeling stuck. If the catheter feels stuck, reattach the syringe to the balloon port to empty all water.



Figure 4: How to attach a 10 mL syringe to balloon port.

Troubleshooting

- If you are not able to get the catheter in, call your child's doctor or nurse line right away. Don't try repeatedly because it can make a new path where there shouldn't be one.
- If you think you are in the bladder, but no pee is coming out, try advancing the catheter another few inches to see if any pee will come out. If you push the catheter as far as it will go and still don't see pee, try irrigating if you have been shown how to do this by a member of your care team. Call us if this doesn't work.

When to call the doctor:

If any of these signs or symptoms happen, call the clinic where your child has been seen.

- If you put the catheter in and blood comes out through the catheter, don't blow up the balloon. Call your child's doctor or nurse right away.
- If you are not able to remove the catheter after following the steps for catheter removal, call your child's doctor or nurse for help.
- A lot of blood in the pee. (It's normal to see some streaks or small traces of blood with catheterization).
- Fever higher than 101.5 degrees Fahrenheit.
- Bad smelling or dark cloudy pee. If this happens, have your child drink more liquids. You may also need to flush the catheter if you've learned how to do this.
- Pain or soreness across the lower back or tummy.
- You can't get the catheter in.
- You think the catheter is in the right place, but no pee is coming out of the tube.
- Decreased pee output.

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Catheter size: _____

Medical Supply Company: _____

Call the Urology Clinic at 720-777-2705 with questions Monday-Friday, 7:00am – 5:30pm.

After hours, you can reach the Urology resident on call through the Operator at 720-777-1234.

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