The Urinary System

Bladder Reconstruction With Continent Urinary Diversion

Neurogenic bladders may often require surgery to enlarge the bladder. This is called a “bladder augmentation” where a piece of bowel is added to the bladder to gain size. The continent urinary diversion or “Mitrofanoff procedure” can also be done at the same time. Here, the appendix is used to build a “catheterizable channel” from the bladder to the abdominal wall for easier catheterization access.

ACE or “Antegrade Continence Enema”

An enema causes a bowel movement by flushing the bowel with liquid. During surgery, a tube is created inside the body to allow this type of enema. It is made using tissue from your child’s own body: the appendix or a small piece of the intestine. The surgeon makes a small opening at the belly button or the lower right side of the belly, and tunnels the tube from there into the bowel. A catheter is passed through the opening, and into the bowel.
**Self-Catheterization**

The sensation you will feel when your bladder is full will be different from before, and at first you may occasionally notice a slight leak from the opening of your stoma as the bladder reaches its full capacity. Follow the catheterization schedule given by your doctor, but it is generally suggested to catheterize approximately every three hours at first and as the capacity of your bladder increases, the numbers of times you need to catheterize may decrease.

1. Wash your hands. Use a moist towelette, or soap and water, to clean your stoma using a circular motion, starting at the center and working your way outward.

2. Insert the LoFric catheter gently into your stoma.

3. Allow urine to flow out and empty your bladder completely. If urine does not begin to drain, try gently rotating the catheter or moving it in or out slightly.

4. Slowly remove the LoFric catheter and discard. Wash your hands.

**Irrigation**

Irrigating your bladder is important because mucous will collect in your bladder and it must be “washed out” to avoid complications with UTIs, stone formation, or urinary incontinence. You should follow the instructions given by your doctor.

**NOTES**

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- Allow urine to flow out and empty your bladder completely. If urine does not begin to drain, try gently rotating the catheter or moving it in or out slightly.
- Slowly remove the LoFric catheter and discard. Wash your hands.

**Typical items needed for bladder irrigation.**

- Clean towel
- Water or saline solution
- Syringe
- Gauze
- Moist towelette