



## CLEAN INTERMITTENT CATHETERIZATION IN CHILDREN WITH MITROFANOFF STOMA

1. Make sure that all equipment and materials are available. Lay them out close.
2. Wash your hands.
3. Clean carefully the area around the stoma.
4. Remove the catheter from the packaging. Do not touch the part, which will be inserted. Hold it firmly.
5. Push the top of the catheter gently against the stoma and slowly insert it.
6. Make sure that the opposite end of the catheter is pointed at the urine collector or toilet bowl.
7. Once the catheter has reached the bladder, push it a little bit further and let the urine flow out.
8. Wait in this position for the urine to flow.
9. When the urine stops flowing, slowly remove the catheter.
10. Dispose of the used catheter and supplies in the trash.
11. Dispose of the urine in case you have used a urine collector.
12. Wash your hands.

*This document is part of the Manual for nurses and healthcare professionals in kindergartens and schools on multidisciplinary care and inclusive education of students with spina bifida and hydrocephalus, developed under the Multi-IN project. More resources in inclusive education of students with spina bifida and hydrocephalus are available on the project website [www.multi-in.eu](http://www.multi-in.eu)*

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