Bladder Management: Mitrofanoff procedure

This is a surgical procedure where a passage is created in the wall of your abdomen that connects your bladder to your belly button. This allows you to empty your bladder by passing a catheter through the abdomen, instead of your urethra. This procedure allows the person to catheterize themselves without removing clothing or needing to transfer to a bed or toilet. It is most often used in women after spinal cord injury, but can be used for men. If you want to know more about this procedure, you will need to see a urologist.

How to catheterize through your Mitrofanoff

- Gather your equipment you need – catheter, lubricating jelly (if your catheter is not pre – lubricated)
- Wash your hands
- Drain the urine into the toilet or other collection device
- Lubricate the end of the catheter if needed
- Gently insert the catheter into the Mitrofanoff and guide it into the bladder
- Allow the urine to drain
- Slightly move the catheter in the bladder when it has stopped draining to make sure the bladder is completely empty
- When the bladder is empty remove the catheter with care
- Cover and throw away the catheter
- Wash your hands

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person’s health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 11/2016 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#7577