



Catheterization Procedure Through ACE

1. Wash hands and gather supplies-baby wipe or wash cloth, catheter, K-Y jelly, or other water-based lubricant, 60ml catheter tip syringe, and normal saline.
2. Using clean technique, wash around ACE stoma with baby wipe or wash cloth.
3. Apply K-Y jelly or water-soluble lubricant to catheter and insert into ACE stoma far enough so normal saline does not squirt back out, usually 2-3 inches.

Never force catheter.

4. Instill normal saline at a rate comfortable for your child. The amount of normal saline is different for every child. The goal of ACE flushes is to provide full stool evacuation with no stool accidents in between flushes. **Never force normal saline.**
5. Remove catheter when full amount of saline instilled, clean stoma site with baby wipe or washcloth if needed.
6. Sit on toilet long enough for stool and normal saline to pass.
7. Catheter can be re-used. Wash with antibacterial soap, rinse well and air dry. Replace the catheter every 7 days or sooner if it becomes firm or cloudy.
8. A prescription for supplies will be sent to your medical supply company.

Helpful Hints

1. Until you are comfortable with catheterization and instilling the normal saline, you may want to tape the catheter in place to free up both hands.
2. It can take 20-45 minutes for full evacuation of stool after normal saline is instilled.
3. We recommend you choose a time of day that works well with your schedule, so you are not rushed. If possible, try to do bowel flush at the same time every day.
4. Diet will continue to affect stool results and your child may still need medications to keep stool soft. We recommend you stay connected with your child's Gastroenterologist for recommendations.
5. If your child's ACE stoma feels tight, insert a catheter, and keep it in place for 3-5 days, and call our office for further guidance.

Normal Saline Recipe

1 gallon of distilled water
8 teaspoons table salt
Shake until salt dissolved
Can be kept in refrigerator for up to 30 days