



Catheterization and Irrigation Procedure Through ACE

1. Wash hands and gather supplies: baby wipe or wash cloth, K-Y jelly, or other water-based lubricant, 60 ml catheter tip syringe or enema bag and normal saline.
2. Prepare the correct amount of saline. Draw up normal saline into the syringe or pour into enema bag and run normal saline through the end of the tubing to push the air out (air in the bowel may cause gas and cramping.)
3. Using clean technique, wash around ACE stoma with baby wipe or wash cloth.
4. 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.
5. With child sitting on toilet, 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.**
6. Remove catheter when full amount of saline instilled, clean stoma site with baby wipe or washcloth if needed.
7. Sit on toilet long enough for stool and normal saline to pass, usually 20-45 minutes.
8. The 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.
9. 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.



Pediatric Surgical Associates, Ltd.

Normal Saline Recipe

1 gallon of distilled water

8 teaspoons of table salt

Shake until salt dissolved

Normal saline is good for:

7 days if left out at room temperature, or 30 days if stored in the refrigerator (bring to room temperature before using)

Questions?

This information is not specific to your child but provides general information. If you have any questions, please call our clinic at 612-813-8000.