

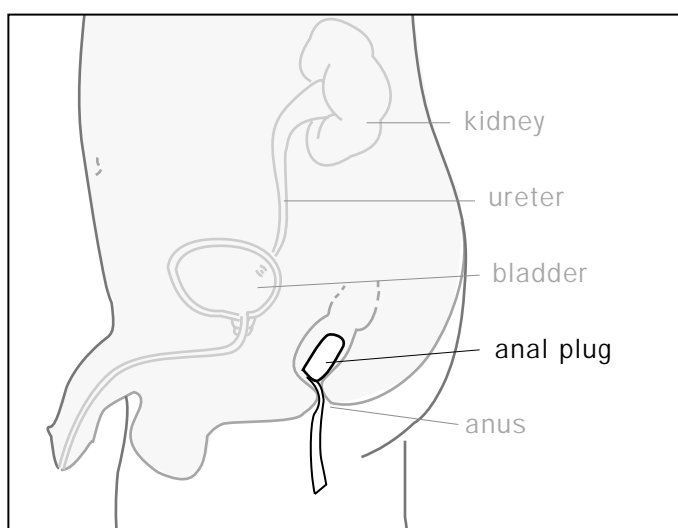
Buttock strapping procedure

- The tape is applied low on the buttocks so that it is under you when you sit down.
- Cut the appropriate length of tape.
- Look for the position of the anus.
- Attach tape to one buttock. While holding buttocks together, attach the other end of the tape to the other buttock, ensuring that the tape passes over the anus.
- If the skin is sensitive, place some nonallergenic tape on each buttock. Stronger tape can then be applied on top of this.
- If the anus is very lax, a small piece of paper, such as half a piece of toilet paper, can be folded and placed over the anus. Females should check that the tape has not slipped down into the vagina.

What is an anal plug?

Anal plugs are an important continence management tool, and can offer real independence for some. The anal plug, made from foam, is lubricated with Vaseline and inserted into the anus. After coming into contact with the moisture of the bowel, the plug expands in about 30 seconds to form a bowl-like shape that prevents leakage. The anal plug is made from slightly porous material so that air can pass through it. The plug is removed with an attached string and is changed after each toilet visit.

The anal plug can be worn safely for up to 12 hours. Combined with diet and bowel emptying procedures, anal plugs have significantly changed the lives of many.



Anal plug

What surgical procedures may assist?

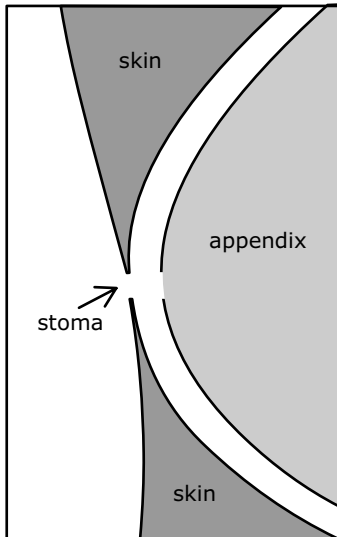
There are some options available for you to consider. Of course, you will consult a specialist in order to be advised as to the most suitable procedure for your needs. The most promising development is the **Malone** procedure which makes it much easier to administer the bowel wash out.

Malone procedure for ante grade (downward) bowel wash out

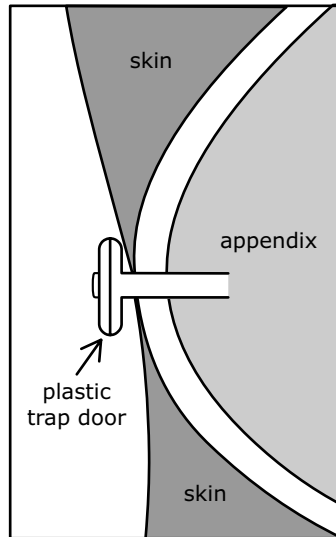
- The Malone stoma is a new surgical procedure that greatly improves the management of bowel incontinence for people with spina bifida.
- The procedure allows bowel wash outs or enemas to be done in an antegrade manner (flushing downwards) rather than in the traditional retrograde manner (flushing upwards from the anus).
- This works much more effectively and is much easier to self-administer. It supports greater self management, and therefore independence.
- In a very simple procedure, the appendix is brought to the surface of the skin and a stoma (opening on the skin) is created around the bikini line. The stoma allows access to the bowel through the appendix. The stoma has a little plastic trapdoor inserted in it that opens and closes.
- A catheter is placed into the stoma and into the bowel. A solution is injected through the catheter into the bowel. The fluid irrigates and flushes out stools in the bowel through the anus in approximately 20 minutes.
- A variety of fluids can be used (treacle and milk; saline; liquorice).
- This is much easier to do, especially for persons with limited mobility, than inserting a tube up the anus and firing a solution upwards against the force of gravity.
- Sometimes the stoma is created directly into the bowel. It has even been done through the belly button.
- The procedure is reversible, ie. if it doesn't work, the trapdoor is removed and the stoma grows over.
- Quality of life is improved. You can swim and do most other things with the device.
- The procedure is just starting to be used in spina bifida (at a range of different ages) and the results are positive.
- Be aware that it is not a magic bullet (it doesn't cure incontinence) and it won't work for everyone.
- Talk to spina bifida associations and doctors/continence nurses at spina bifida clinics for more advice and referral.

Spina bifida

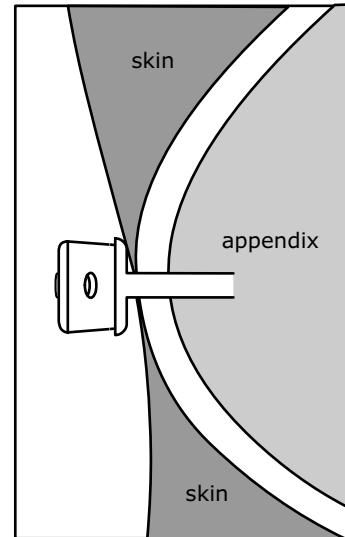
Malone Procedure



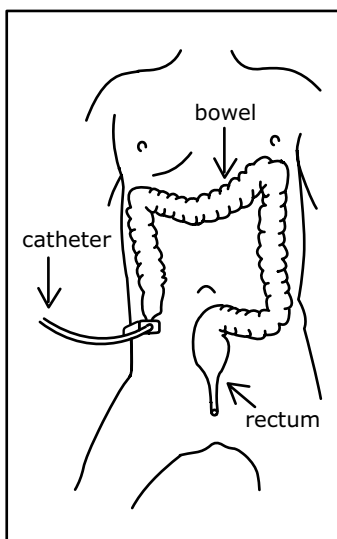
1. In a simple procedure, the appendix is brought to the surface of the skin and a stoma is created around the bikini line.



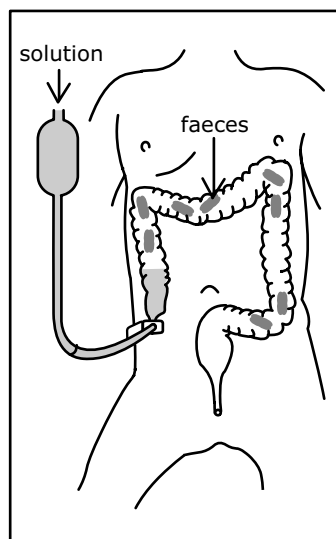
2. A little plastic trap door is inserted into the stoma allowing access to the bowel via the appendix.



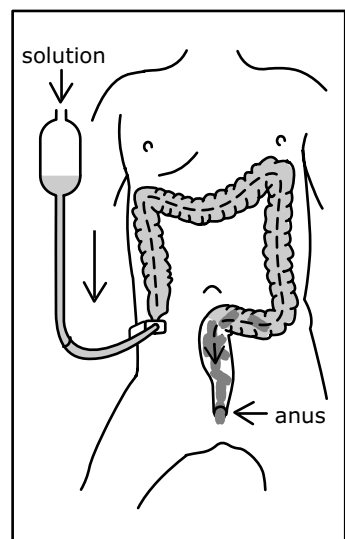
3. The plastic trap door opens and closes.



4. A catheter is placed into the stoma into the bowel.



5. A solution is injected through the catheter into the bowel.



6. The fluid irrigates and flushes out faeces in the bowel through the anus in about 20 minutes.