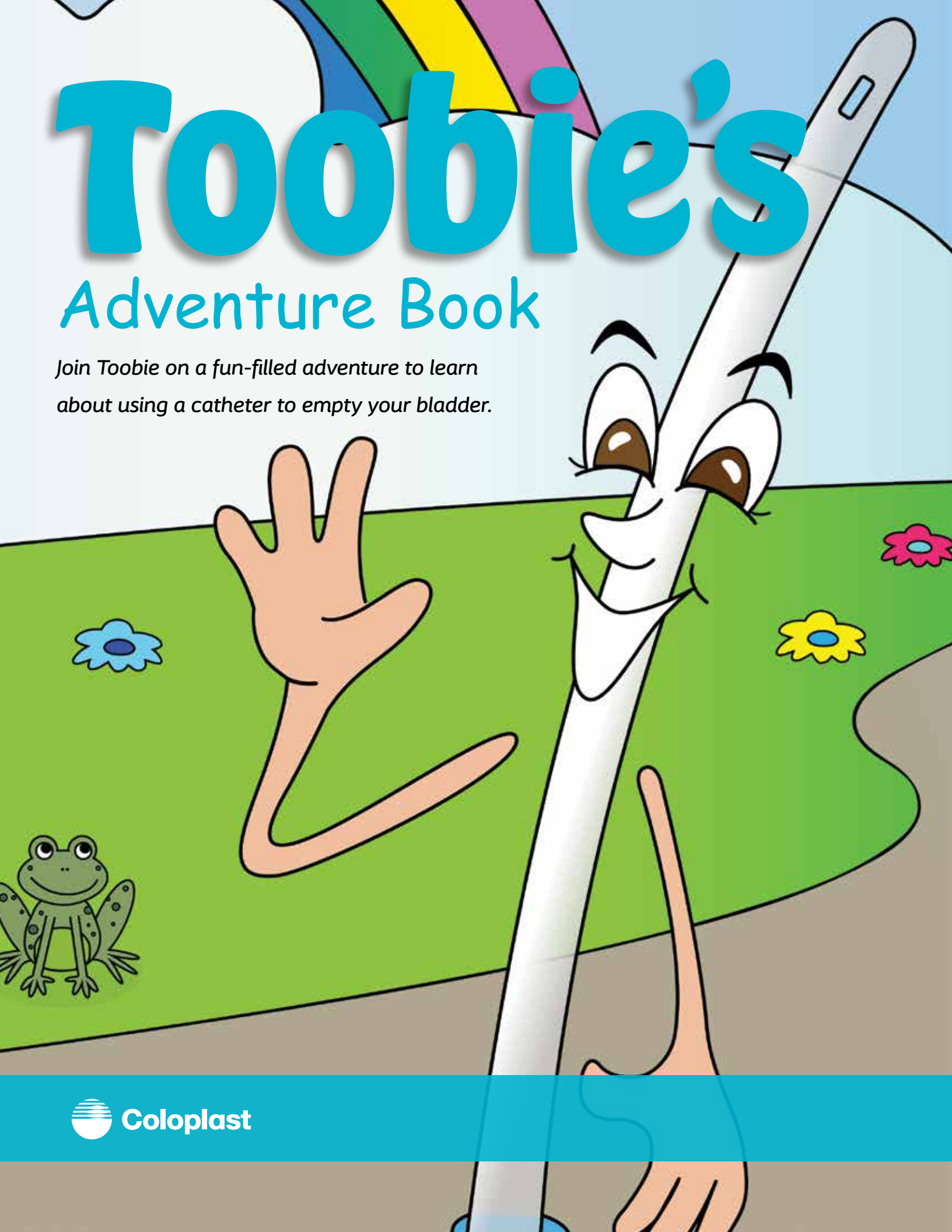
Toobie's

Adventure Book

Join Toobie on a fun-filled adventure to learn about using a catheter to empty your bladder.



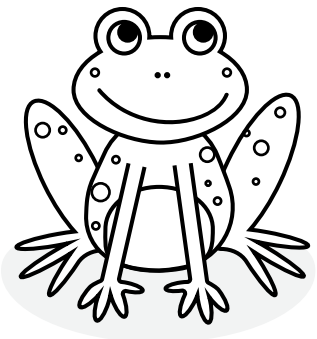
Coloplast

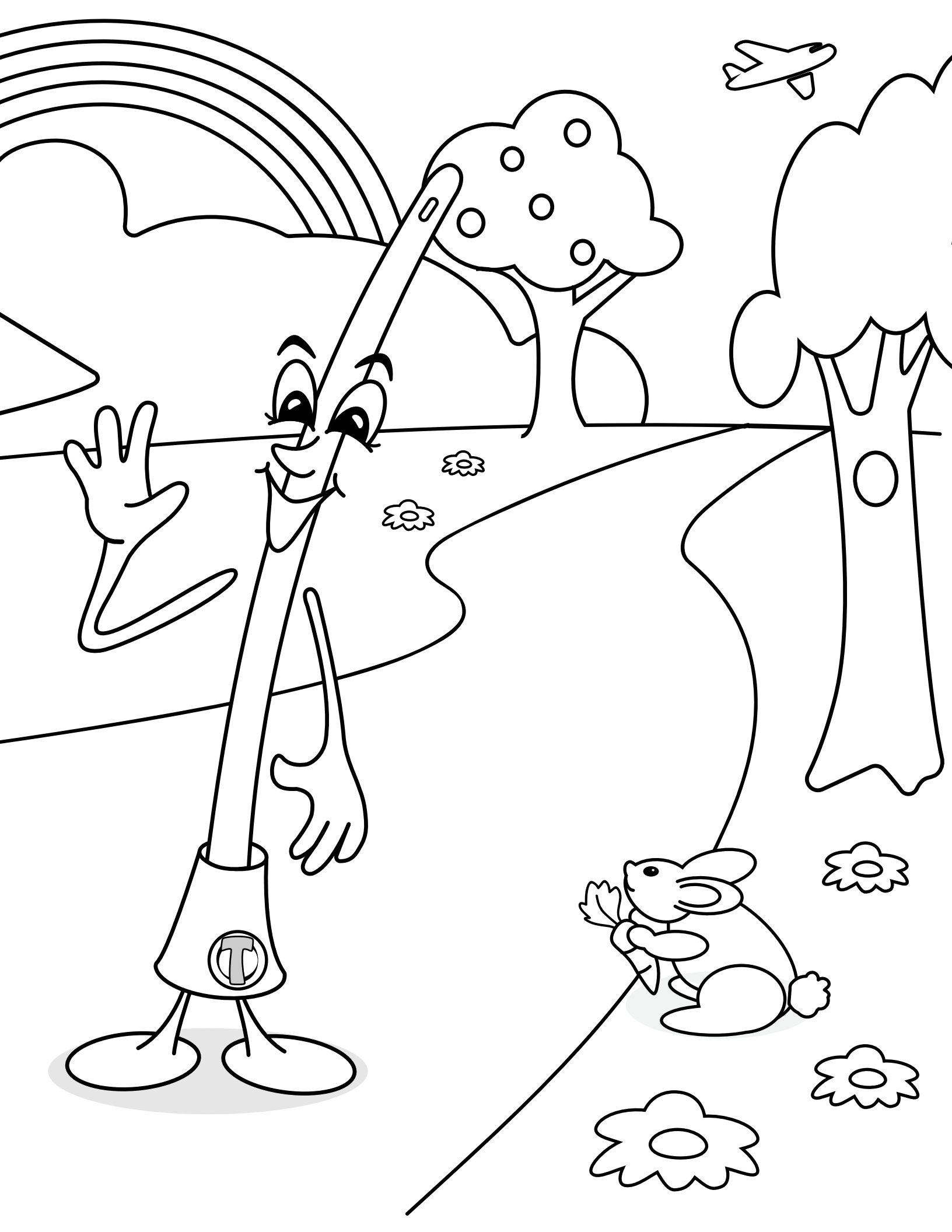
Hi kids,
my name is
Toobie,
and like you,
I need to use a catheter
to go pee.

Using a catheter can be easy once you learn how.

Your doctor, parents and others who are close to you will help you, and I am excited to share some things with you too!

It is very important to regularly empty your bladder and stick to a routine, so you don't have to worry about having an accident.



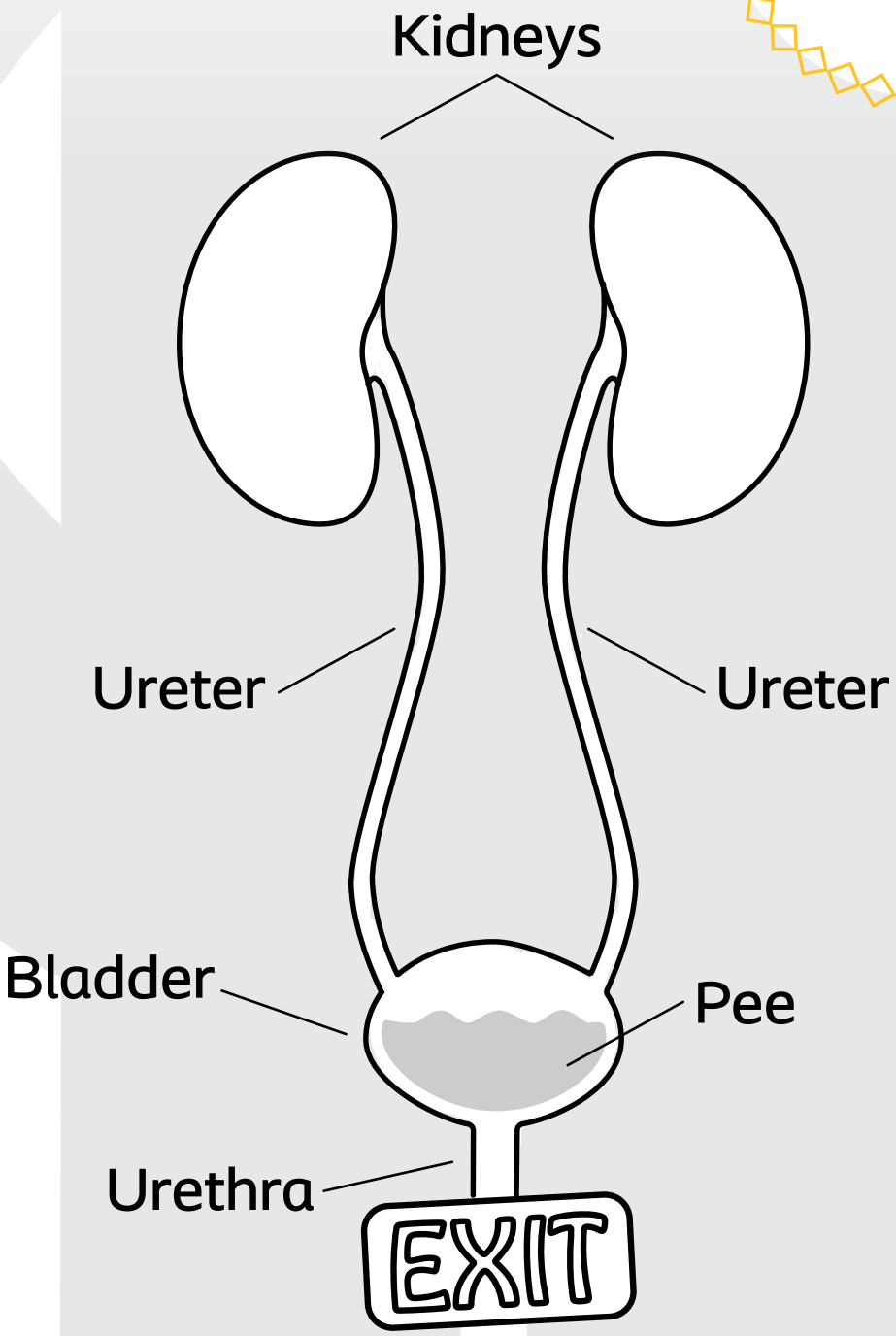


Where does pee come from?

Our bodies make urine, or pee, that we need to empty many times a day. Pee is made after our kidneys clean our blood. The pee moves from the kidneys, through the ureters, down to the bladder where it empties out of your body through the urethra.

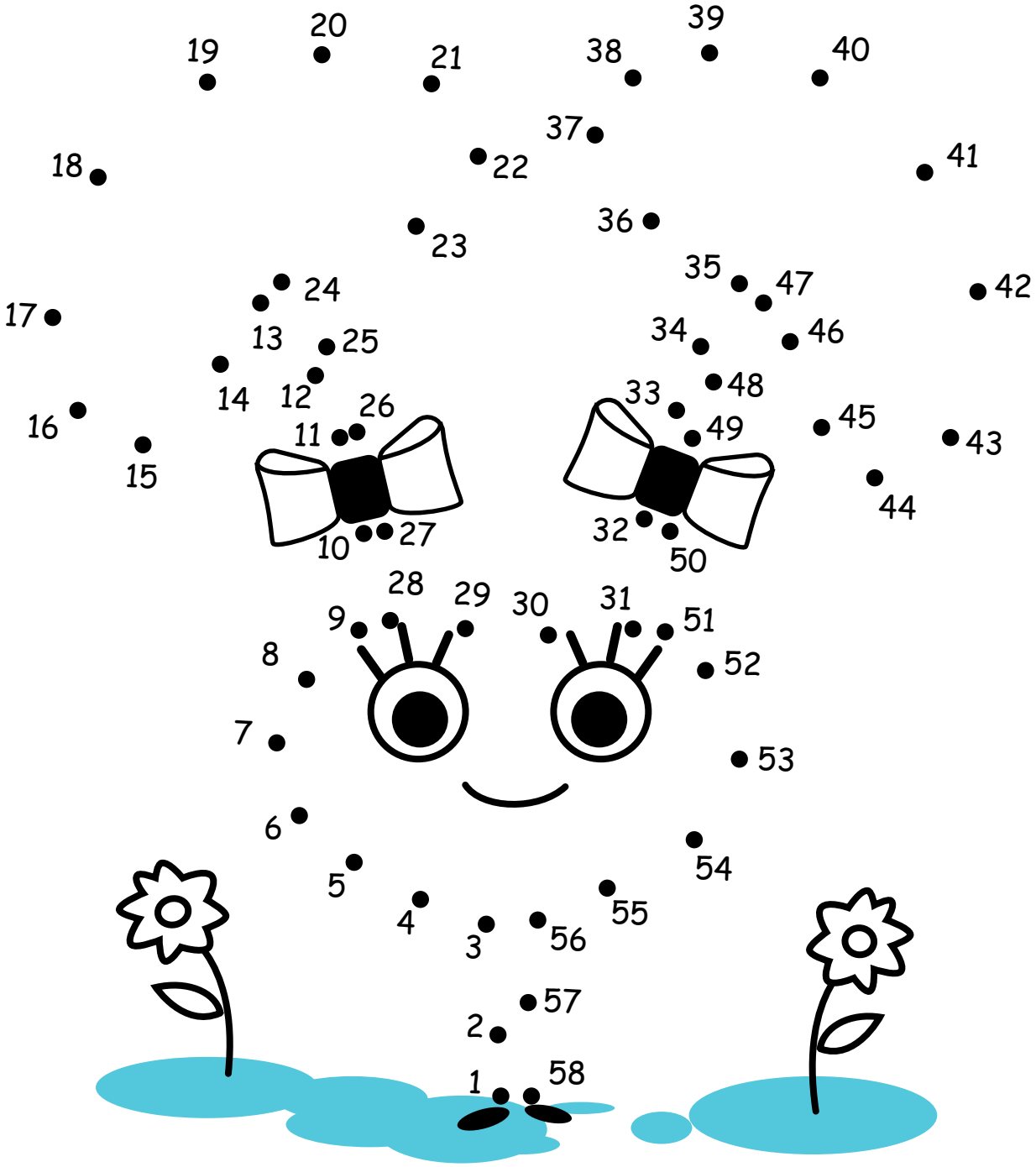
Color the

- Kidneys - red
- Ureters - blue
- Bladder - yellow
- Urethra - green



Connect the dots to meet my friend Winnie!

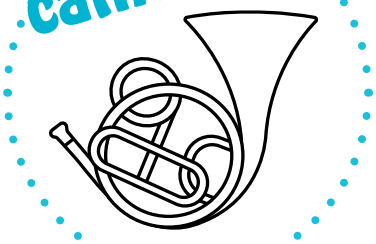
Sometimes a bladder doesn't work the way it should. Sometimes Winnie has accidents and sometimes the pee can't come out by itself! That's when a catheter can help!

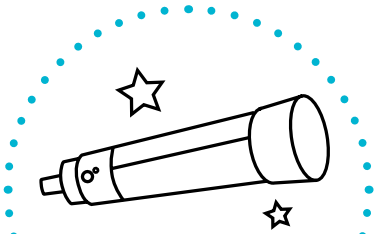


What is a catheter?????

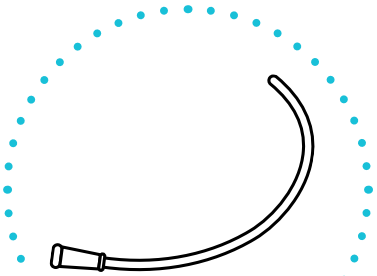
We use a catheter because we need a little help going pee. A catheter is a thin hollow tube with holes in it that we can use to empty the pee from our bladder.

Not a catheter



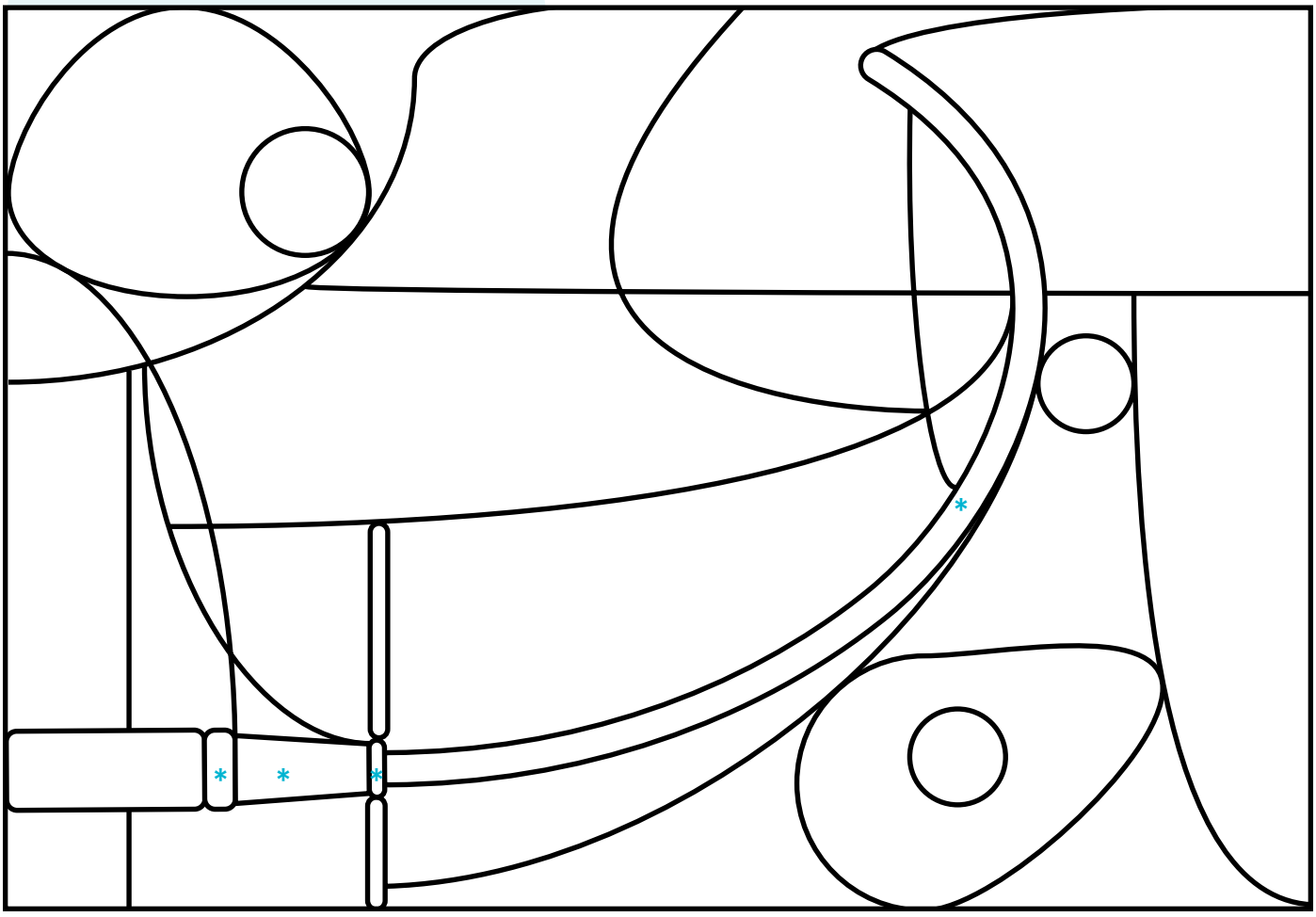


Not a catheter



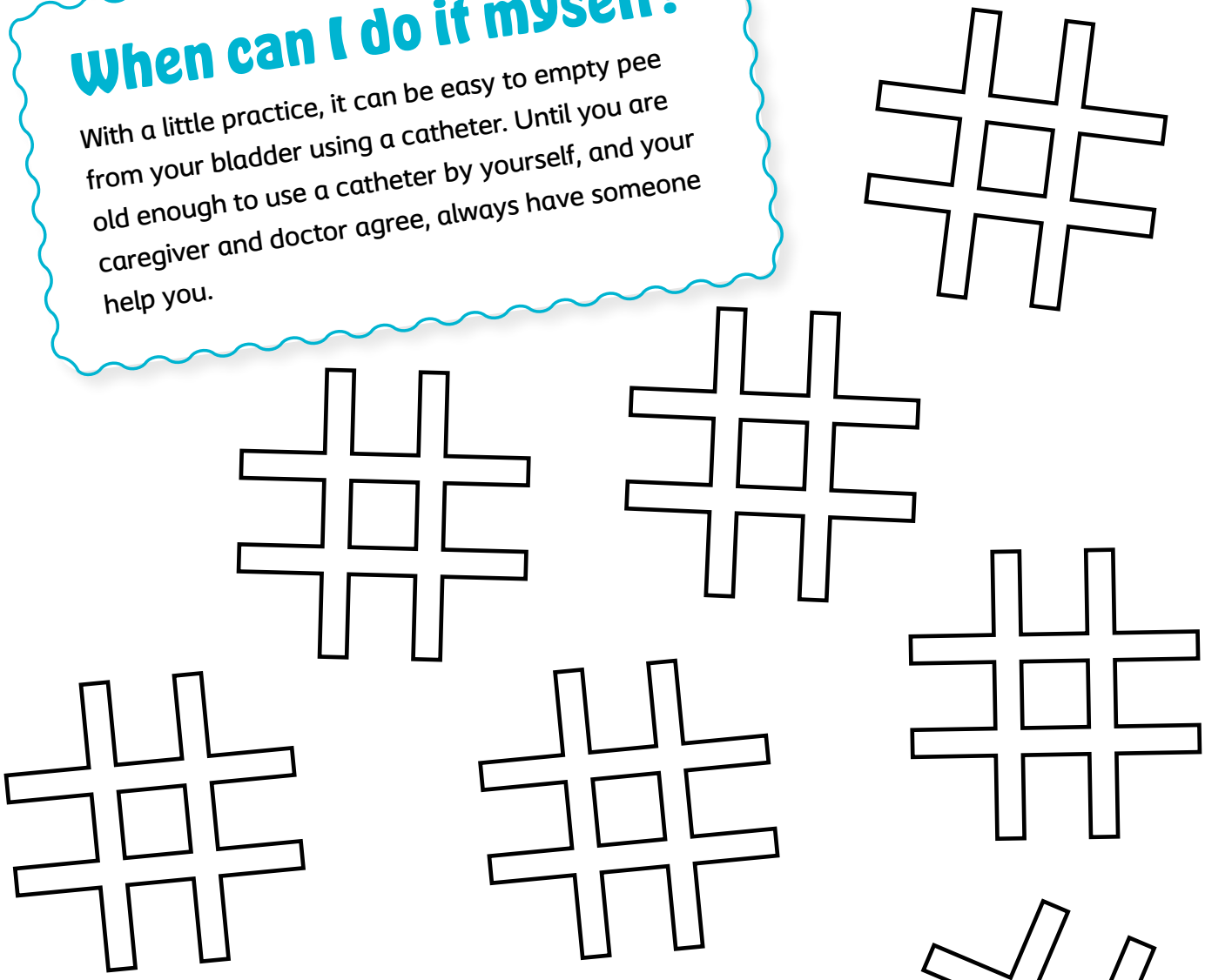
✓a catheter

Color each section that has a star to find the hidden object.



When can I do it myself?

With a little practice, it can be easy to empty pee from your bladder using a catheter. Until you are old enough to use a catheter by yourself, and your caregiver and doctor agree, always have someone help you.



Tic-Tac-Toe – get better as you go!



Getting ready to use your catheter!

It helps to have all your supplies ready before you use your catheter. You then need to wash your hands and around the hole where pee comes out of your body, so you don't get germs on the catheter.

Winnie's Word find game

How many words can you find from the list below?

Supplies

- soap
- water
- washcloth
- catheter
- lubricant
- container
- toilet

Bonus words

- urine
- mirror
- towelette
- helper
- practice
- toobie
- winnie
- success

c	d	x	y	i	w	h	p	o	d	w
s	w	q	s	o	a	p	s	t	c	i
w	a	h	s	r	t	y	l	o	o	n
o	s	e	l	v	e	i	o	w	n	n
p	h	l	u	u	r	i	n	e	t	i
j	c	p	b	g	l	s	p	l	a	e
r	l	e	r	i	m	u	r	e	i	s
t	o	r	i	o	b	c	a	t	n	m
o	t	p	c	u	n	c	c	t	e	i
i	h	c	a	t	h	e	t	e	r	r
l	k	h	n	o	g	s	i	u	n	r
e	b	a	t	r	t	s	c	r	f	o
t	o	o	b	i	e	z	e	m	s	r

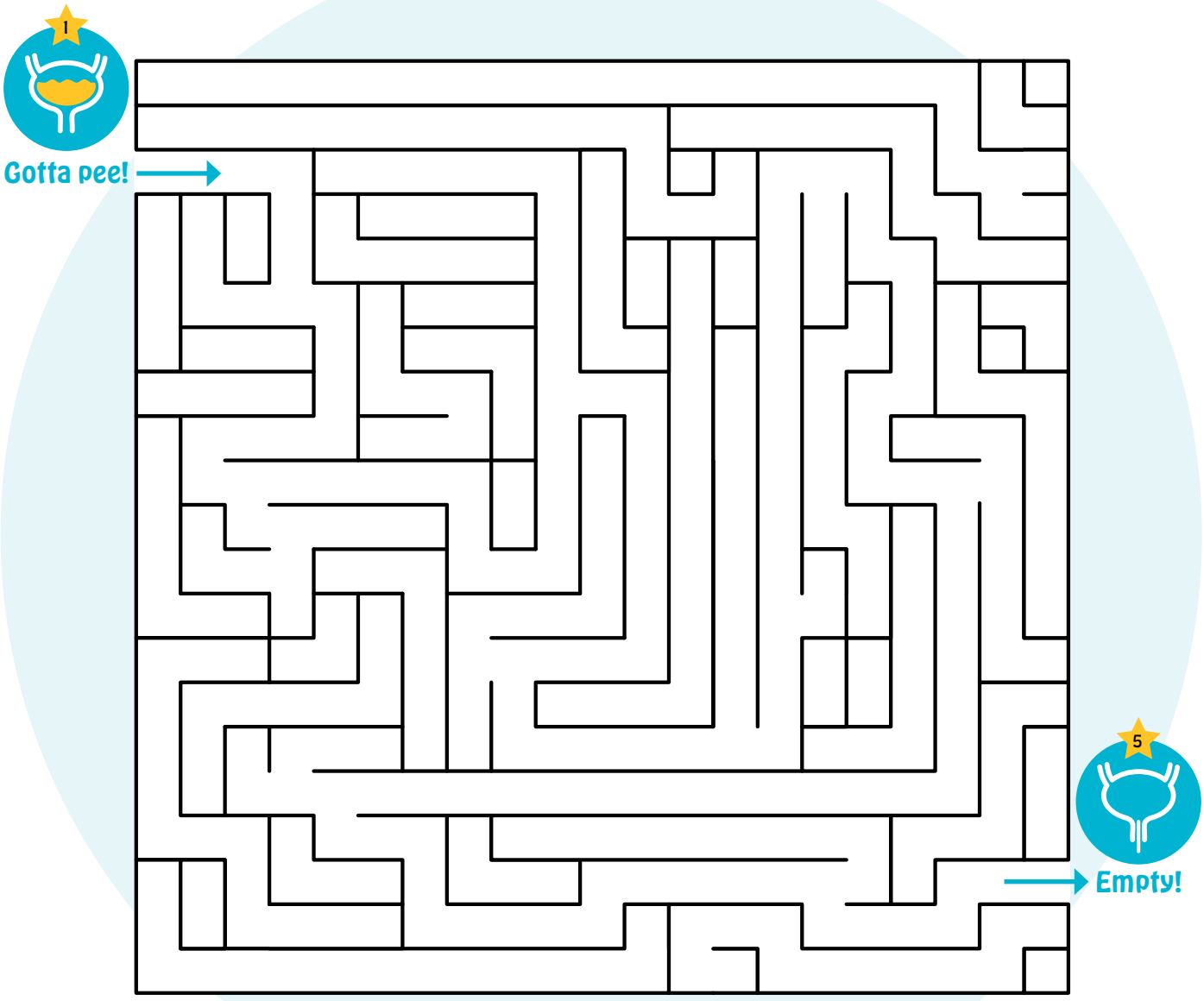
_____ + _____ =

Supplies | Bonus words



Now what happens?

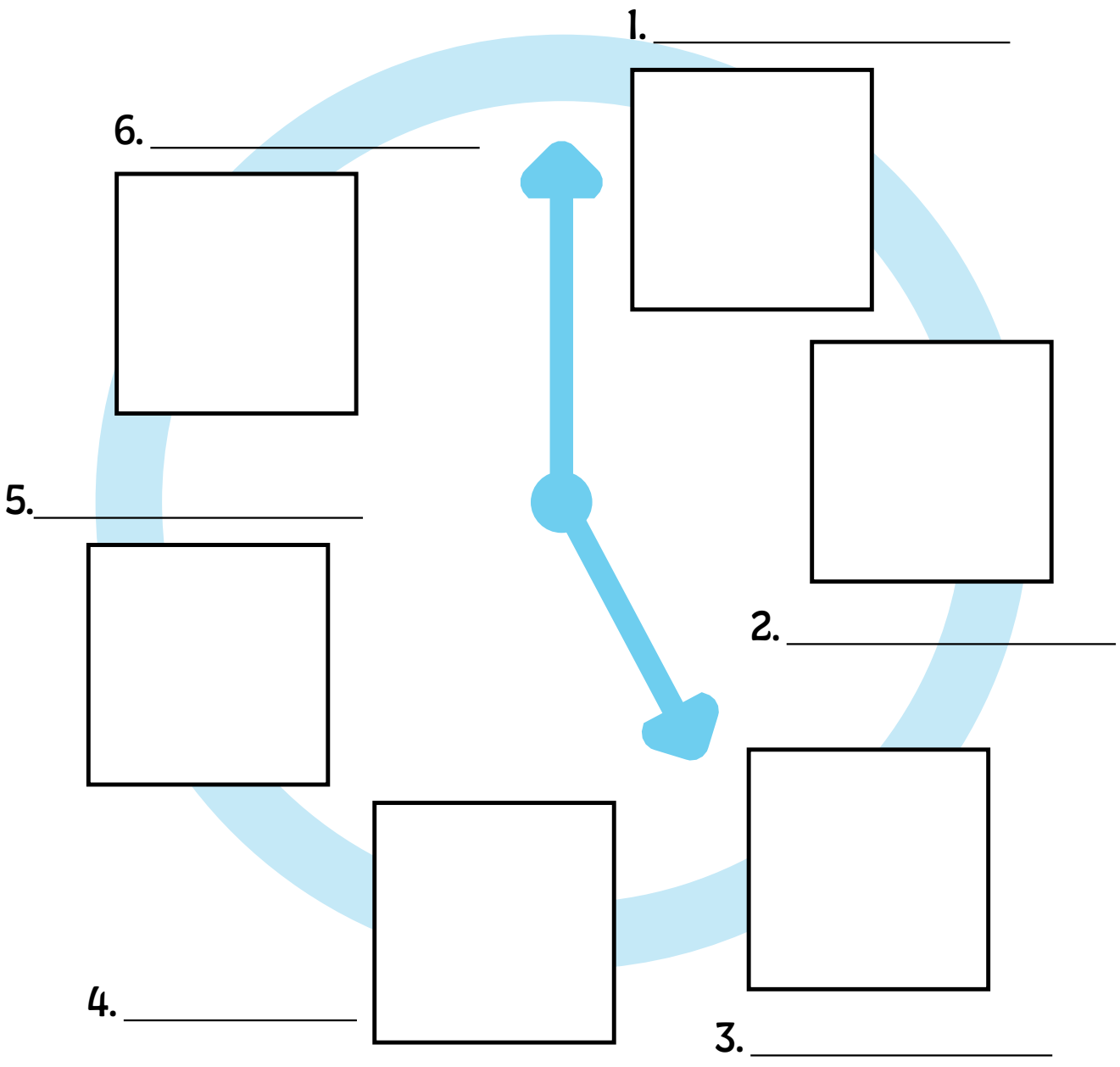
1. The catheter will go into your body where the pee comes out. This is called the urethra.
2. The catheter is guided up the urethra to the bladder.
3. Once one end of the catheter enters the bladder, pee will start coming out the opposite end.
4. When pee stops, pull the catheter out a little to make sure you got all the pee.
5. Once pee stops coming out of the opposite end, your bladder has been emptied.
6. Remember to wash your hands when you are done!



Stick to a routine

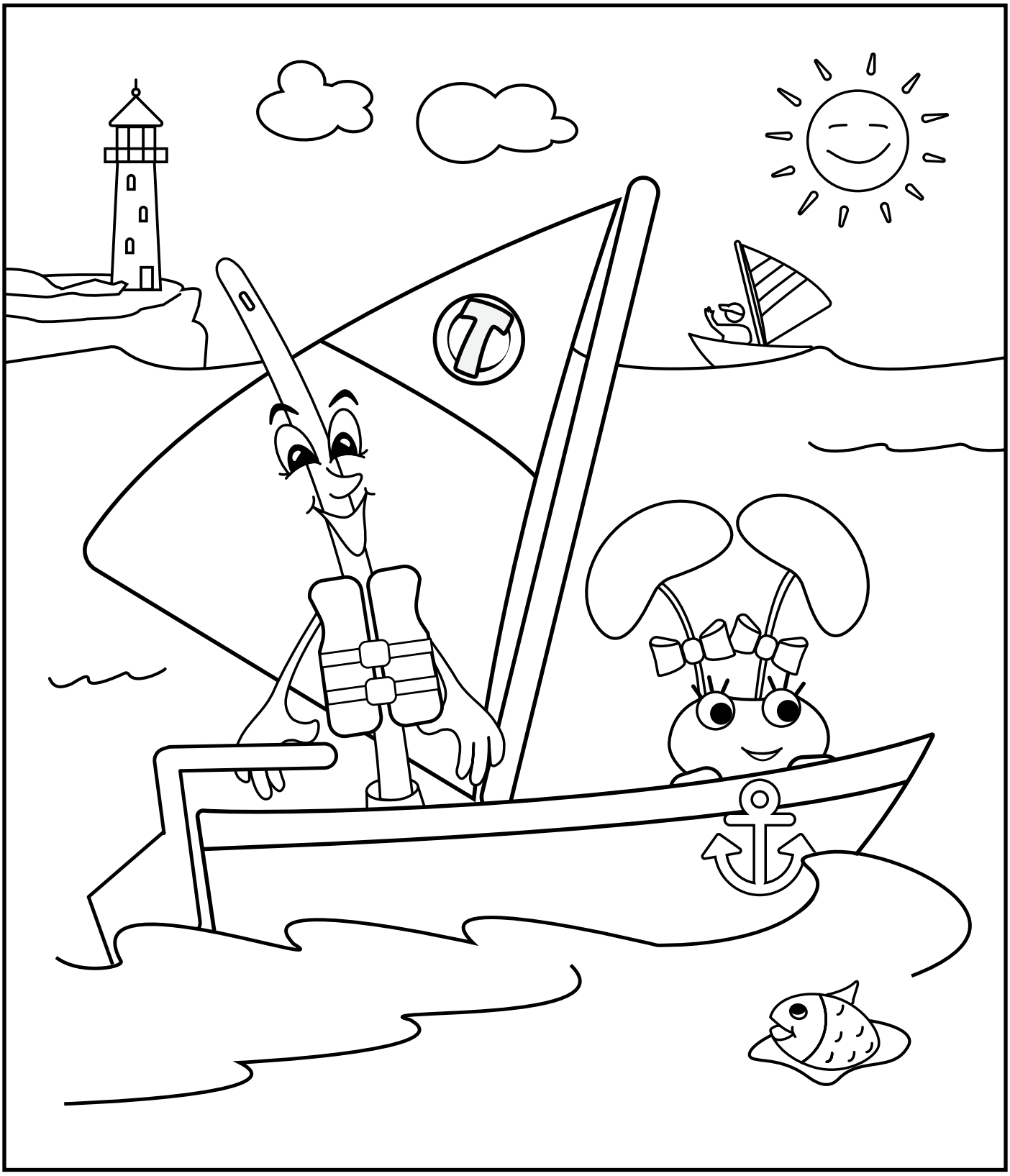
Using a catheter to go pee will become part of a routine that you do at about the same time every day. Many kids need to empty their bladder at least 4-6 times a day. Your doctor will tell you what is best for you.

Plan your routine — draw an object that reminds you of each time of day you need to use your catheter. Add a written clue on the line next to the box!



Summary

I hope you had fun on your adventure with Toobie. Now that Toobie and Winnie know how to work together, they plan on taking many more fun adventures!



This information is for educational purposes only. It is not intended to substitute for professional medical advice and should not be interpreted to contain treatment recommendations. You should rely on the healthcare professional who knows your individual history for personal medical advice and diagnosis.

Coloplast® Care is here to help support your family's catheterization journey

Adjusting to using an intermittent catheter can be difficult. You may have product questions, need help troubleshooting, or have concerns about your child's bladder management routine. No matter where you are in your journey, we're here to help. ***Coloplast Care is a product and lifestyle support program that offers education when you need it – so you can live a better life using intermittent catheters.***



Clinician-validated education
Clinician-validated education provided via website, personalized emails, and Welcome Kit



My Continence Check
Keep track of bladder routine through regular self-assessment



Phone support
Individualized product and lifestyle support and product access coordination



Product access and guidance
Access to product samples* and support to help find a supplier that is in-network with your insurance

Sign up for free today!

Call **1-866-226-6362**

Email **care-us@coloplast.com**

Visit **www.bladder.coloplastcare.us** or scan the QR code with your smartphone camera

Scan the QR codes below to access additional resources:

How-to videos
View children's how-to-use instructional videos for Coloplast intermittent catheters

Podcast
Listen and subscribe to Real Talk: Bladder & Bowel Conversations with Coloplast Care, a podcast series that helps listeners gain confidence in their routine through inspiring stories and reliable product and lifestyle advice

Webinars
Sign up for Coloplast Care *Live!* webinars featuring male and female panels that cover the basics of intermittent catheterization

*Samples available with valid prescription only. Limitations apply.

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