EMMA CAN CATH!

A friendly guide for kids using catheters and those who support them



- Story
- Activities
- How-To Instructions for Girls



One day, Ethan and Emma's class went on a field trip to the park.



Ethan and Emma felt very excited. They had just learned how to use the bathroom on their own. This was the first trip where they didn't need their mom or dad to attend.



A park ranger met the class when they arrived.
He told the class about the trees in the park.



Ethan watched with interest while Emma whispered and giggled with her friends.



It was time for an activity. The class gathered around tables while the teacher passed out paper, crayons, and leaves. Ethan and Emma made leaf rubbings.



When they were finished, the ranger showed the class a variety of different insects that lived in the park. Ethan enjoyed seeing the insects. Seeing the insects disgusted Emma.



Next, the whole class went for a bathroom break.



Ethan found the stall that would fit his wheelchair.
He pulled a catheter out of his backpack.



After washing his hands, it was time for lunch. Ethan enjoyed lunch with his friends, and Emma enjoyed lunch with her friends too.



After lunch, the class went into the butterfly house. The teacher handed out charts of all the different types of butterflies.



When the class exited the butterfly house, it was time for a bathroom break. When Emma got into the stall, she reached into her backpack and took out a catheter.



It was time to go home. Ethan and Emma felt so proud of themselves. They had attended their first field trip without the help of their mom and dad. They had a great day!

PARENT'S GUIDE

TYPES OF CATHETERS



Closed System Catheter

- A convenient, all-in-one system in a self-contained collection bag
- Some options may include insertion supplies like disinfecting swabs, gloves, and an underpad
- Designed for no-touch use to help reduce the chance of germs getting on the catheter
- Introducer tip helps catheter bypass areas where bacteria are more likely to be present



Hydrophilic Catheter

- Designed to become smooth and slippery when activated by water
- Some options are ready to use right out of the package
- May provide a more comfortable experience for some users
- Also available in closed system options



Straight Catheter

- A simple flexible tube
- The original and most widely used catheter style
- Requires lubrication before use

CATHETER BASICS

SIZE: Catheters are measured by *French Size (Fr),* which refers to the diameter (width) of the catheter tube. Your child's healthcare provider will choose the right French size to ensure comfortable and effective drainage.

LENGTH: Catheters come in three main lengths:

- Male (16 inches long)
- Female (6 inches long)
- Pediatric (10 inches long, although shorter options for girls are also available)

TIP: Catheters either have a straight tip or a coudé (curved) tip. A coudé tip may make insertion easier for some children based on their anatomy or medical needs.

PARENT'S GUIDE

FAQs

How often should my child catheterize?

Everyone's catheterization schedule is different. Your child's healthcare provider will instruct you on how often they should cath based on their condition and individual needs.

Where can my child catheterize?

Your child can cath anywhere that feels private and comfortable, depending on their catheter type. When away from home, plan ahead to make sure they will have all the supplies they need and an accessible restroom.

What is the difference in sizes of catheters?

Catheters are measured in French sizes, which are determined by the diameter of the catheter. Your healthcare provider will tell you what size catheter is right for your child.

What do I do if I can't insert the catheter?

If you or your child have difficulty inserting the catheter, don't force it. Taking a few deep breaths or trying to cough may help relax the bladder sphincter muscle. However, if this doesn't work, stop and contact your child's healthcare provider for guidance. They can help determine what's causing the issue and offer a safe solution.

What if my child forgets to catheterize?

Learning a new routine takes time. It's okay to have reminders and practice together. Have them cath as soon as they can. Try to follow the schedule your child's healthcare provider recommends.

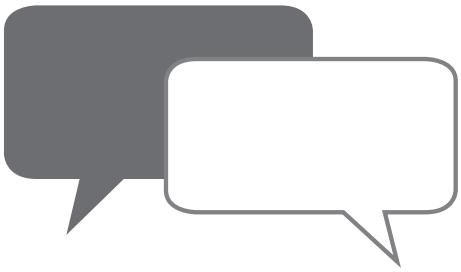
To help build a cathing routine they can remember, you might:

- Set phone or watch reminders at specific times
- Use a visual schedule or checklist
- Connect times to catheterize with other scheduled daily activities, like meals or brushing teeth

When to Call Your Child's Healthcare Provider

If you notice any of the following:

- Pain or discomfort while cathing
- Fever, nausea, or other signs of illness
- Urine that's cloudy, bloody, or smelly
- No urine output for an extended period
- Trouble with inserting the catheter



180 Medical catheter experts are available to answer your catheter-related questions. We have catheter users on staff! Call us toll-free at (877) 688-2729.

This booklet is intended to provide a general understanding of self-catheterization. The information should not be used in place of a visit, call, or consultation with a physician or other healthcare provider.

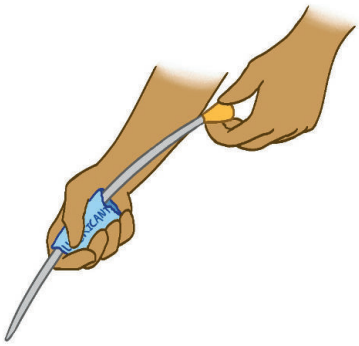
How To Use A Straight Catheter



WASH HANDS

1. Get your supplies ready and place near you. Do not open catheter package.
2. Wash your hands with soap and water. Pull down your pants and underwear.





WASH

3. Wash around urethral opening from front to back with warm, soapy water.

TIP:
Betadine swabsticks or benzalkonium wipes work well, too!

LUBRICATE

4. Take catheter out of package and apply lubricant. You can do this by tearing off both ends of lubricant packet and slide the catheter back and forth through the packet, or simply squeeze lubricant down the length of the catheter.



INSERT

5. Insert the catheter slowly into your urethra. If it doesn't go in easily, stop and try again after a deep breath. Be sure not to force the catheter.
6. When the urine begins to come out, insert the catheter a little more. Let the urine go into a toilet or container.
7. When the urine stops, slowly take out the catheter.



THROW AWAY & WASH HANDS

8. Throw the catheter away and wash your hands.



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How To Use A Hydrophilic Catheter



WASH HANDS

1. Get your supplies ready and place near you. Do not open catheter package.
2. Wash your hands with soap and water. Pull down your pants and underwear.



WASH

3. Wash around urethral opening from front to back with warm, soapy water.

TIP:
Betadine swabsticks or benzalkonium wipes work well, too!



Do not open until fully hydrated.

ACTIVATE

4. Some hydrophilic catheters come ready to use. Others have a packet of water inside that you will need to burst to activate and make the catheter slippery.

   To do this, unfold the package and then fold over the saline packet halfway. Press your thumb and fingers together to burst, or you can try using your elbow on a hard surface. Make sure all of the solution is released. Count to 30 to make sure it's ready to use.

   Peel open the package to remove catheter.



INSERT

5. Insert the catheter slowly into your urethra. If it doesn't go in easily, stop and try again after a deep breath. Be sure not to force the catheter.
6. When the urine begins to come out, insert the catheter a little more. Let the urine go into a toilet or container.
7. When the urine stops, slowly take out the catheter.



THROW AWAY & WASH HANDS

8. Throw the catheter away and wash your hands.



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How To Use A Closed System Catheter



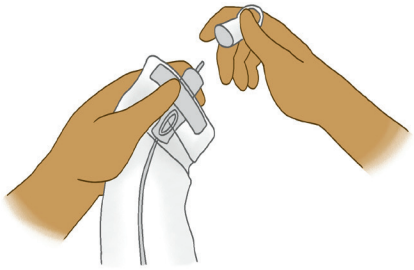
WASH HANDS

1. Get your supplies ready and place near you.
2. Wash your hands with soap and water. Pull down your pants and underwear.



WASH

3. Wash around urethral opening from front to back with warm, soapy water.



ADVANCE

4. Remove the cap from the introducer tip.
5. Hold the protective guide with your left hand and use your right hand to advance the catheter halfway into the introducer tip.

TIP:
Betadine swabsticks or benzalkonium wipes work well, too!



INSERT

6. Find the urethra with your finger. Guide the insertion tip into the urethra.
7. With your left hand on the plastic guide, use your right hand to grasp the catheter through the bag about an inch below the guide, and then advance the catheter into the urethra with slow and steady movements. If it doesn't go in easily, stop and try again after a deep breath. Be sure not to force the catheter.
8. When the urine begins to come out, insert the catheter a little more.
9. When the urine stops, slowly take out the catheter. The filled bag may be closed by placing the cap back on the introducer tip. You can empty the bag by removing the introducer tip or by using the tear tab (if it has one) and pouring the urine into a toilet.



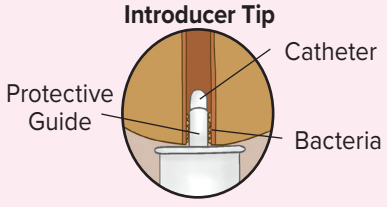
THROW AWAY & WASH HANDS

10. Throw the catheter away and wash your hands.



WHAT IS AN INTRODUCER TIP?

Most closed systems have an introducer tip. It helps the catheter get past the highest concentrations of bacteria in the first few millimeters of the urethra.



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How to use a catheter through a stoma



WASH HANDS

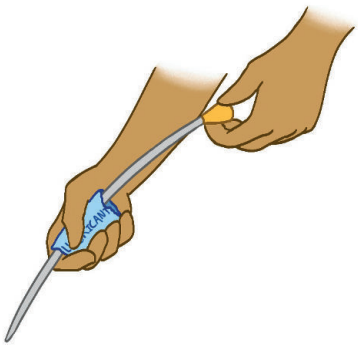
1. Get your supplies ready and place near you.
2. Wash your hands with soap and water.



WASH

3. Gently wash around stoma with warm, soapy water.

TIP:
Betadine swabsticks or benzalkonium wipes work well, too!



LUBRICATE

4. Take catheter out of package. Put lubricant on the first two inches of the catheter.



INSERT

5. Insert the catheter slowly into the stoma.
6. When the urine begins to come out, insert the catheter a little more. Let the urine go into a toilet or container.
7. When the urine stops, slowly take out the catheter.



If you have problems inserting the catheter through the stoma, try gently twisting the catheter but do not force.



THROW AWAY & WASH HANDS

8. Throw the catheter away and wash your hands.



WAYS TO LUBRICATE A CATHETER:

- Tear off both ends of lubricant packet and slide catheter back and forth through packet.
- Tear off top of packet (or use tube of lubricant) and squeeze lubricant all along catheter.

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Join the 180 Medical Kids Club

The 180 Medical Kids Club was created to help ease any worries that can come when a child needs to start using catheters. We're here to help make this journey easier with free resources and caring support from our Pediatric Catheter Specialists.

When you join, your child receives a special welcome kit with all the info they need to start cathing with confidence. Plus, you'll get a newsletter packed with fun activities and tips for everyday challenges like going to school or traveling.



SIGN UP TODAY!

WWW.180MEDICAL.COM/KIDSCLUB

180 MEDICAL OFFERS:

- ✔ Free catheter samples
- ✔ Free shipping
- ✔ Insurance billing
- ✔ Consultations with our catheter specialists

For more information, call us toll-free at: (877) 688-2729
or visit our website at www.180medical.com

ACTIVITIES



FIND FIVE DIFFERENT OBJECTS





Help Ethan and Emma on their adventure through the maze to return the lost butterflies to their home.

For additional activities to download visit: 180medical.com/kids-club-activities

180° MEDICAL® KIDS CLUB

LEARNING TO USE MY CATHETER CHART

Every child's routine is different. Use this chart in the way that works best for your family.

TASK	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Wash hands							
Get catheter supplies							
Clean self with disinfecting wipes or swabs							
Prepare and insert catheter (with help or on your own)							
Completely drain bladder							
Throw away catheter supplies							
Wash hands							



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Intermittent Catheter Supplier

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