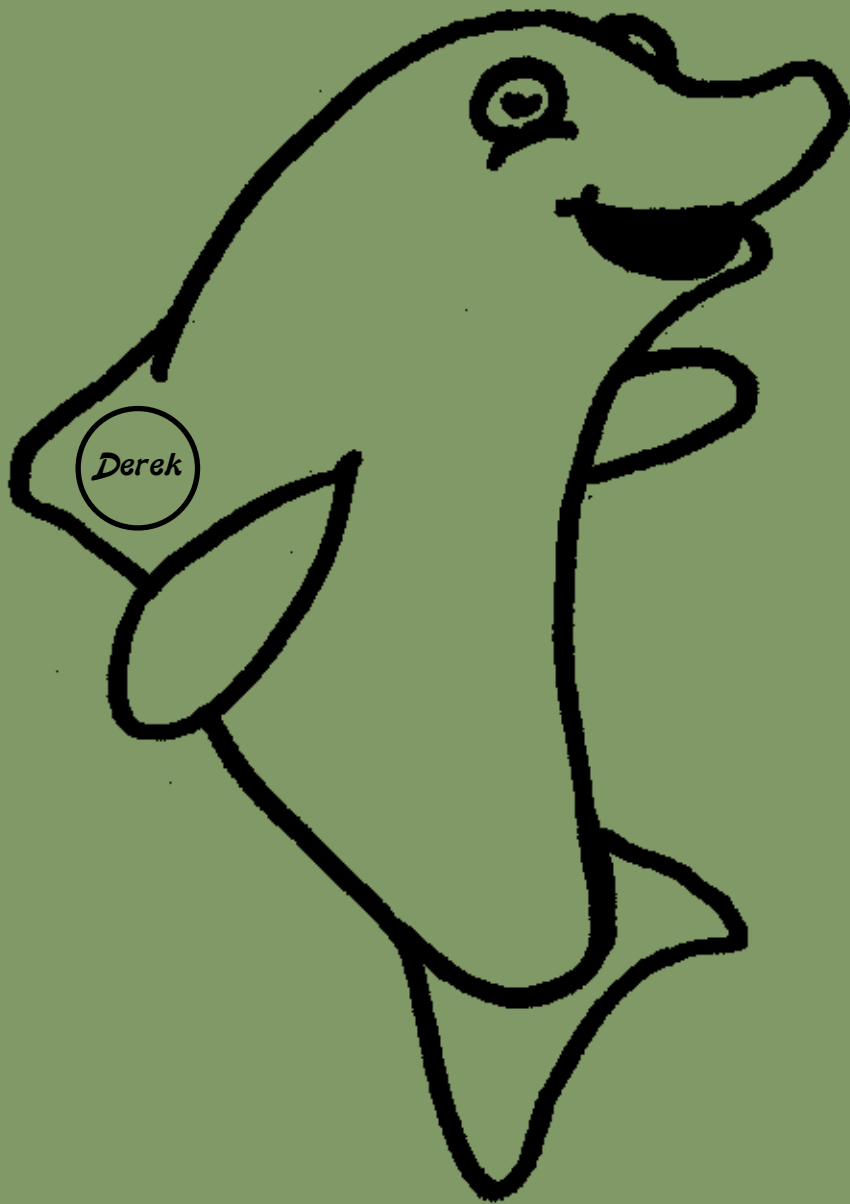


Lofric®



*Derek
the
Dolphin*

*Activity
Book*

This activity book has been specially created for children and their families to help them feel at ease about the process of catheterization. It will teach how to use the LoFric® Catheter and why it may need to be used when children cannot empty their bladder the usual way.

This activity book supplements the instructions you were given by your doctor or nurse and should only serve as an additional learning tool. If you're a kid, we hope you enjoy the coloring pages and activities, and if you're a parent, we hope you find some of the "parents" tips throughout the pages useful.

What is CIC?

Not being able to empty the bladder naturally is more common than you think. Every year, many children are born who cannot urinate like others for various reasons. Among older children and adults, disease, injury, surgery, and medications may also result in difficulties urinating. Some children may have temporary problems, and others never completely overcome their difficulties, but most are treated today with "clean intermittent catheterization" or CIC. CIC is a safe and well-tested treatment method that is easy to learn. In simple terms, it means that you empty your bladder with a thin plastic tube, called a catheter.

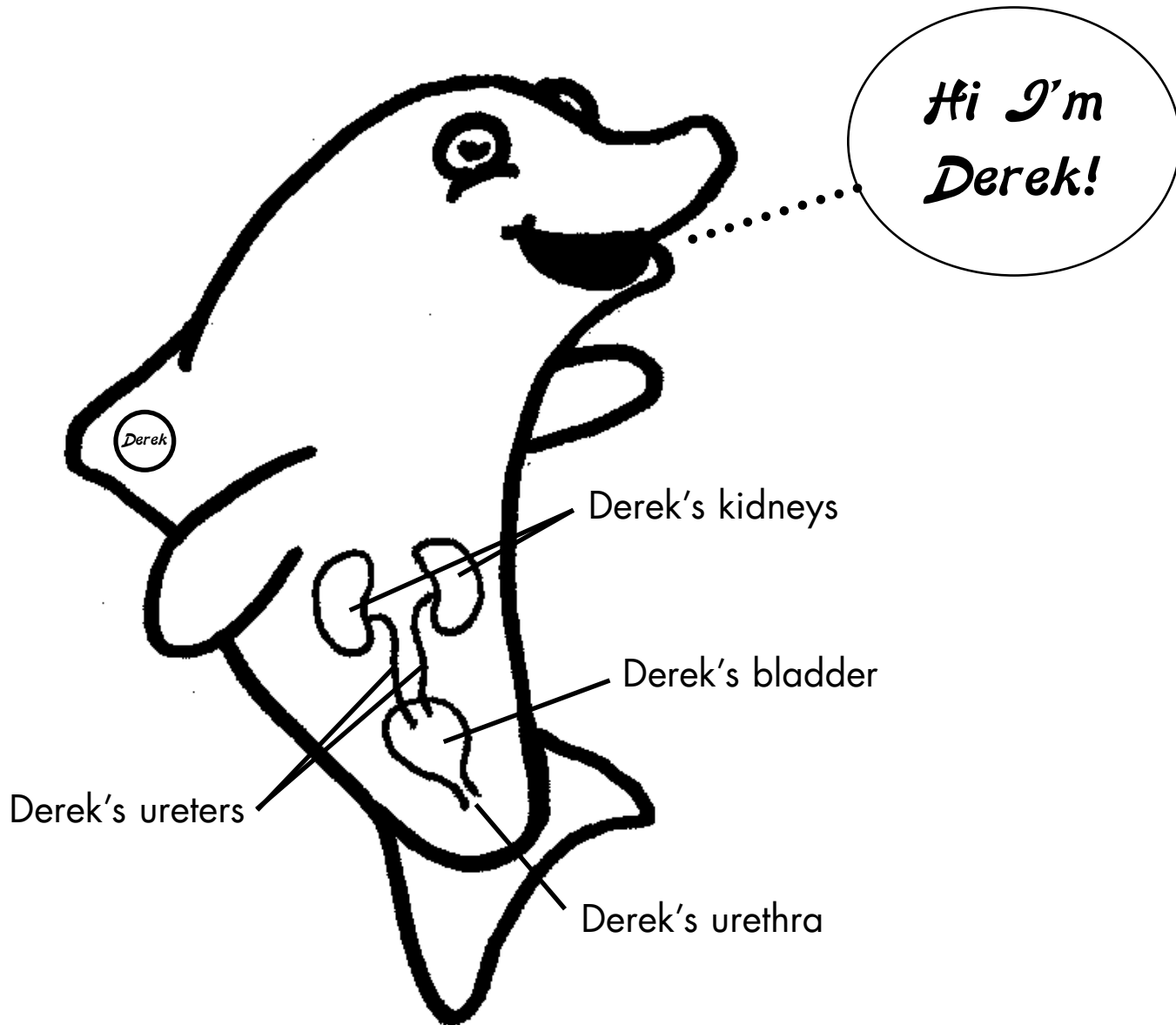
What is LoFric® and why is it recommended?

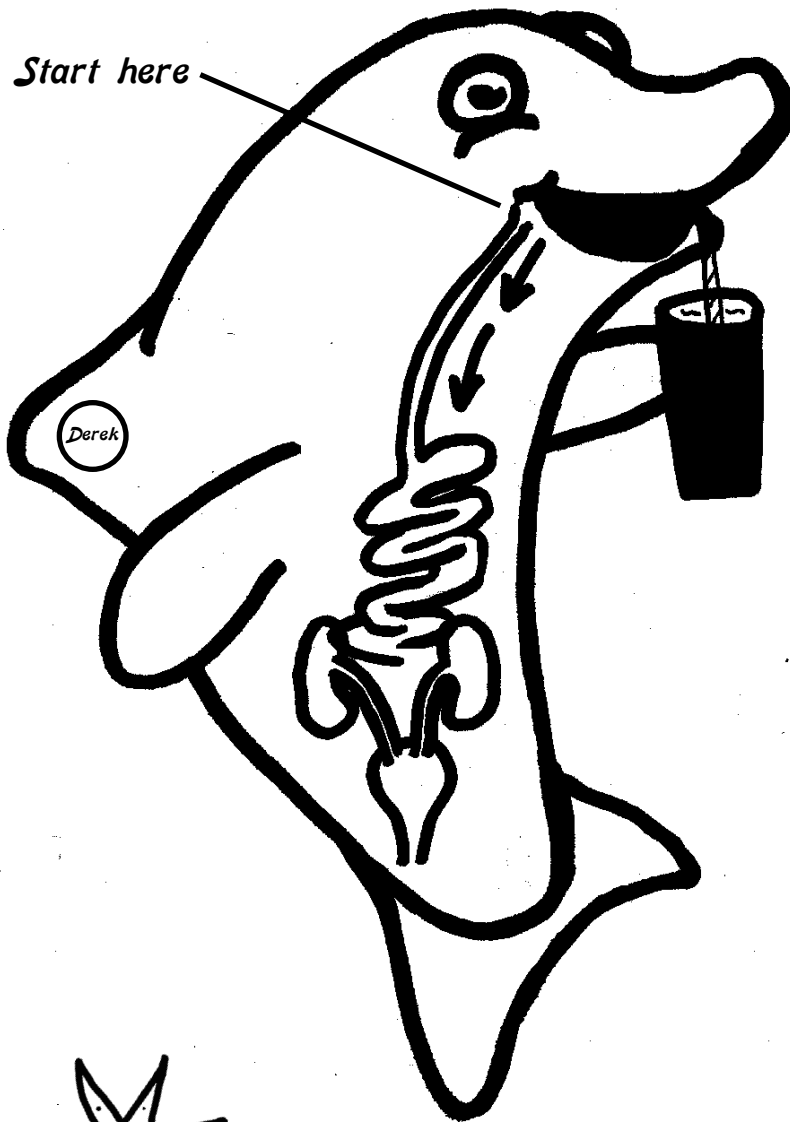
LoFric®, the low friction catheter, is a catheter with a specially treated surface that becomes very smooth and slippery after soaking in water for 30 seconds. The catheter can be inserted gently into the bladder with hardly any friction at all. No extra lubrication is needed.

LoFric is also the only intermittent catheter with over 20 years of clinical studies. It is the most widely used hydrophilic intermittent catheter in the world.



Inside your body, you have a bladder and two kidneys. It is important that they work together to keep you healthy. Turn the page and we will show you how they work...





When Derek drinks water, it goes down to his kidneys. His kidneys will turn the water his body doesn't need into urine.

Then the urine will go down into his bladder through his ureters and it will wait there until it is time to be emptied through his urethra.

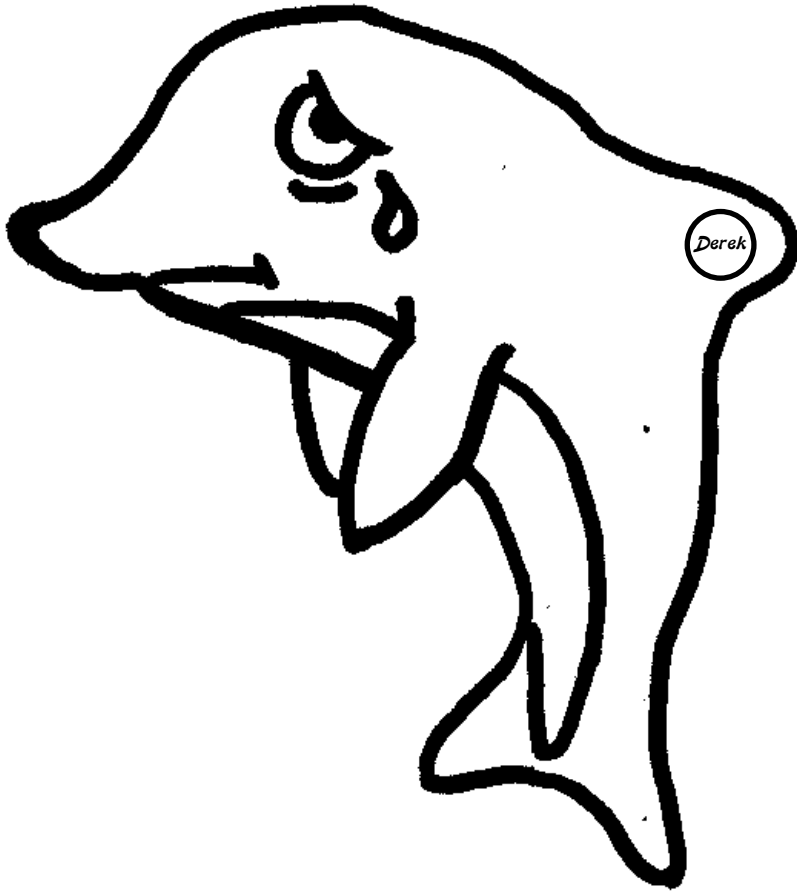
Use a pencil to trace the path a drink takes as it travels down to the bladder.

Some kids like Derek have a bladder that doesn't work as it should.

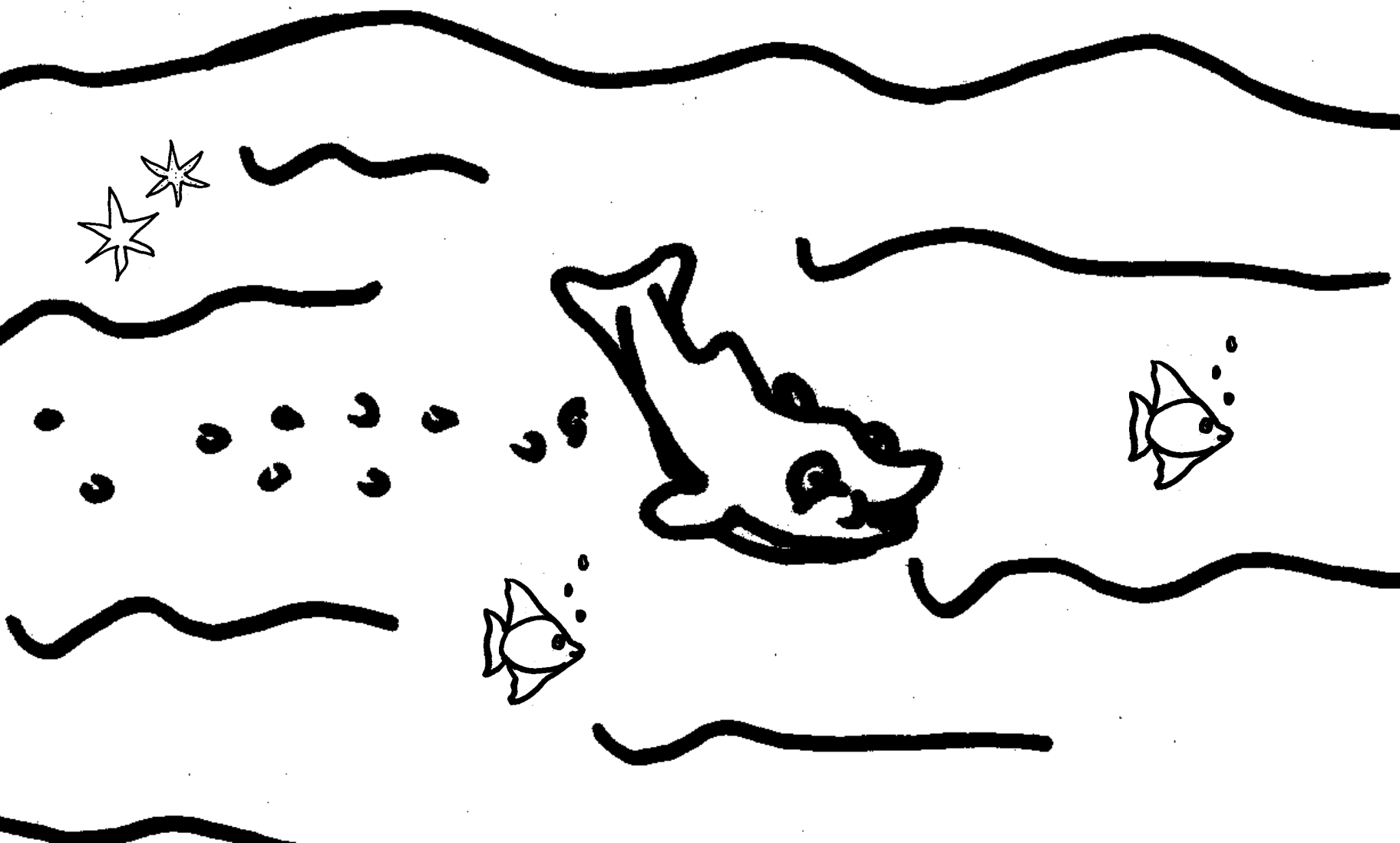
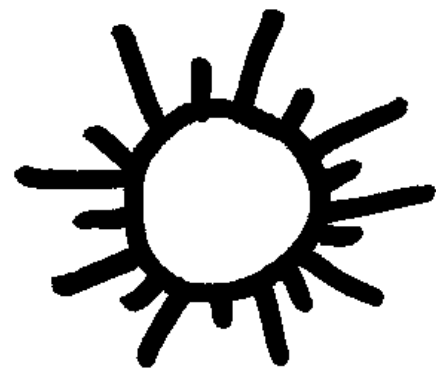
Derek needed help getting the urine out. This made him feel sick and a little sad.

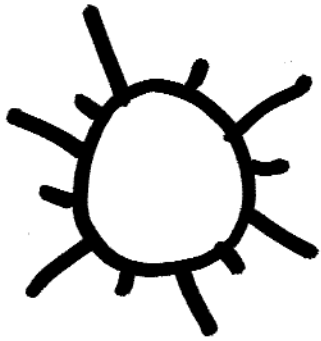
He knows that it is very important to empty his bladder regularly. If he doesn't, it can cause lots of problems.

What can I do? he asked.



So Derek started his journey in search of an answer... he was excited and hoped he would also meet new friends along the way.



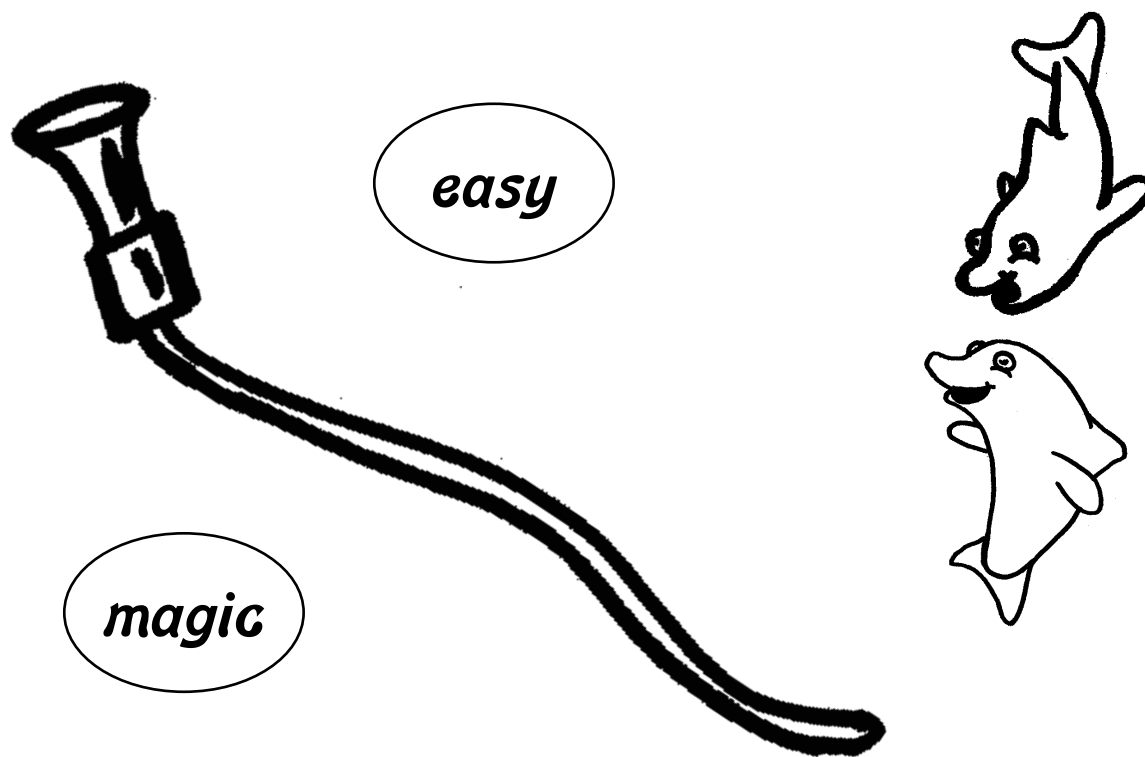


Just as he hoped, Derek met two new friends named Darla & Daren - they used to have problems emptying their bladders long ago. They told Derek that they put a special tube into their bladders to get the urine out. It's called catheterization.

ca-the-ter-i-za-tion



They told Derek all about the special tube, called the LoFric catheter. It has little holes in it and it is magic they said, because it's easy to slide in and out. When you put it in water, it gets really slippery.

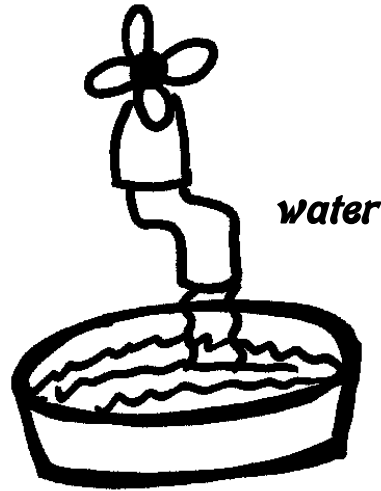


Parent's Tip!

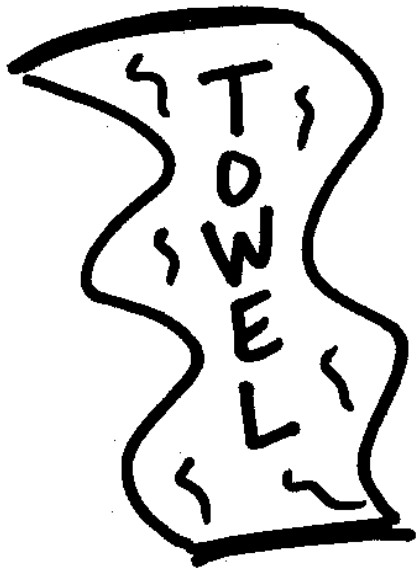
The LoFric[®] Catheter is the only catheter in the world with a special surface that reduces urethral friction up to 95% when compared to plastic catheters used with gel, which means fewer UTIs, less urethral trauma, and reduced complications in the long run. Studies also have shown that the use of LoFric results in a friction level 55% lower than that of other hydrophilic catheters.

Thanks to Derek's new friends, now he knew how to catheterize with the LoFric catheter and this made him feel better. Now Derek will show you what to do! Get everything you will need...

soap



water



*towel or
washcloth*

LoFric® catheter

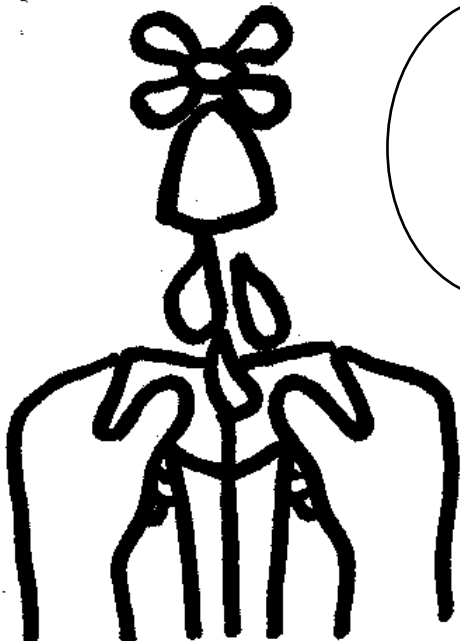


Ready? Derek says follow these steps...

1

Always wash your hands before you start.

Leave the water running.



2

Open the catheter packet.

Carefully fill the packet with water and count to 30.

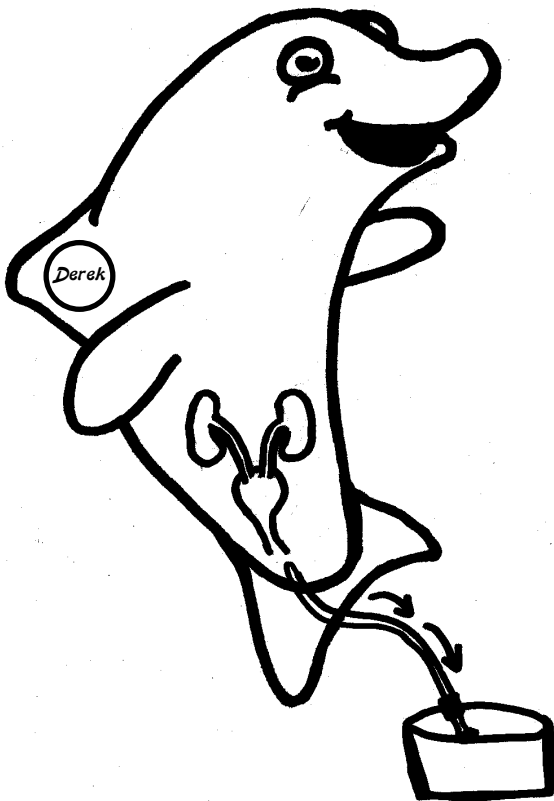
Now it feels slippery, just like Derek the Dolphin's skin.

3

Can you find the opening of your urethra where urine comes out? Clean this area just like your nurse or doctor taught you.

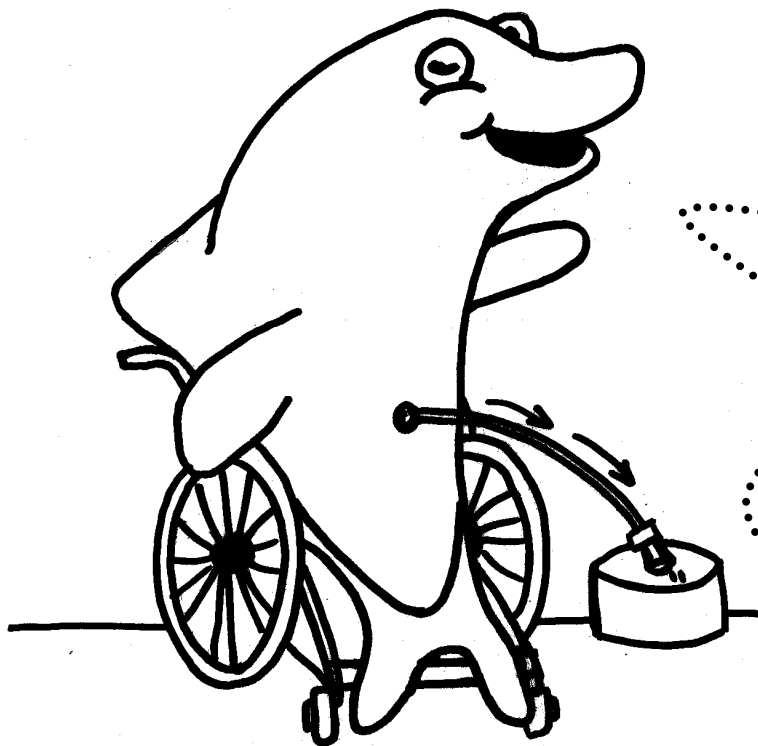
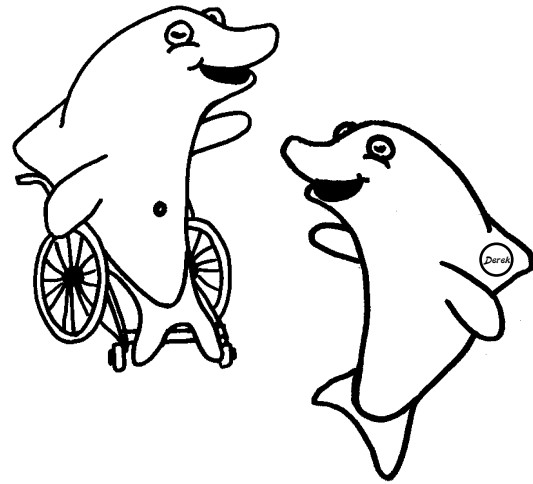
Slide the catheter into your bladder just like you have been taught. Wait until the urine stops. Push the catheter in a little to be sure all the urine is out. Then pull the catheter out slowly.

4



“Don’t be frightened” says Derek. “It doesn’t hurt and it’s easy. See how I do it - No problem!”

Some kids are not able to catheterize at all through the urethra like Derek. Or sometimes, kids in wheelchairs aren't able to move as easily as Derek. If so, you will catheterize a different way.



"Hi, I'm Derek's cousin Mikey. I'm in a wheelchair and my doctor has made a special hole in my belly. It's called a stoma. This way, I can get the urine out easier. The LoFric catheter is really slippery so putting it inside my belly doesn't hurt and it's very easy".

5

When you're finished, just throw the catheter away.



6

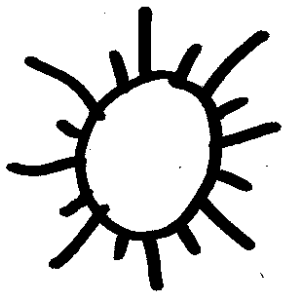
Wash your hands.

That's it, see how easy it is when you know how!



Parent's Tip!

Teaching your child to urinate by him or herself with a catheter is a process that could and should take time. Encourage your child to participate in catheterization as early as possible. Be calm and methodical, and always teach your child on his or her own terms.



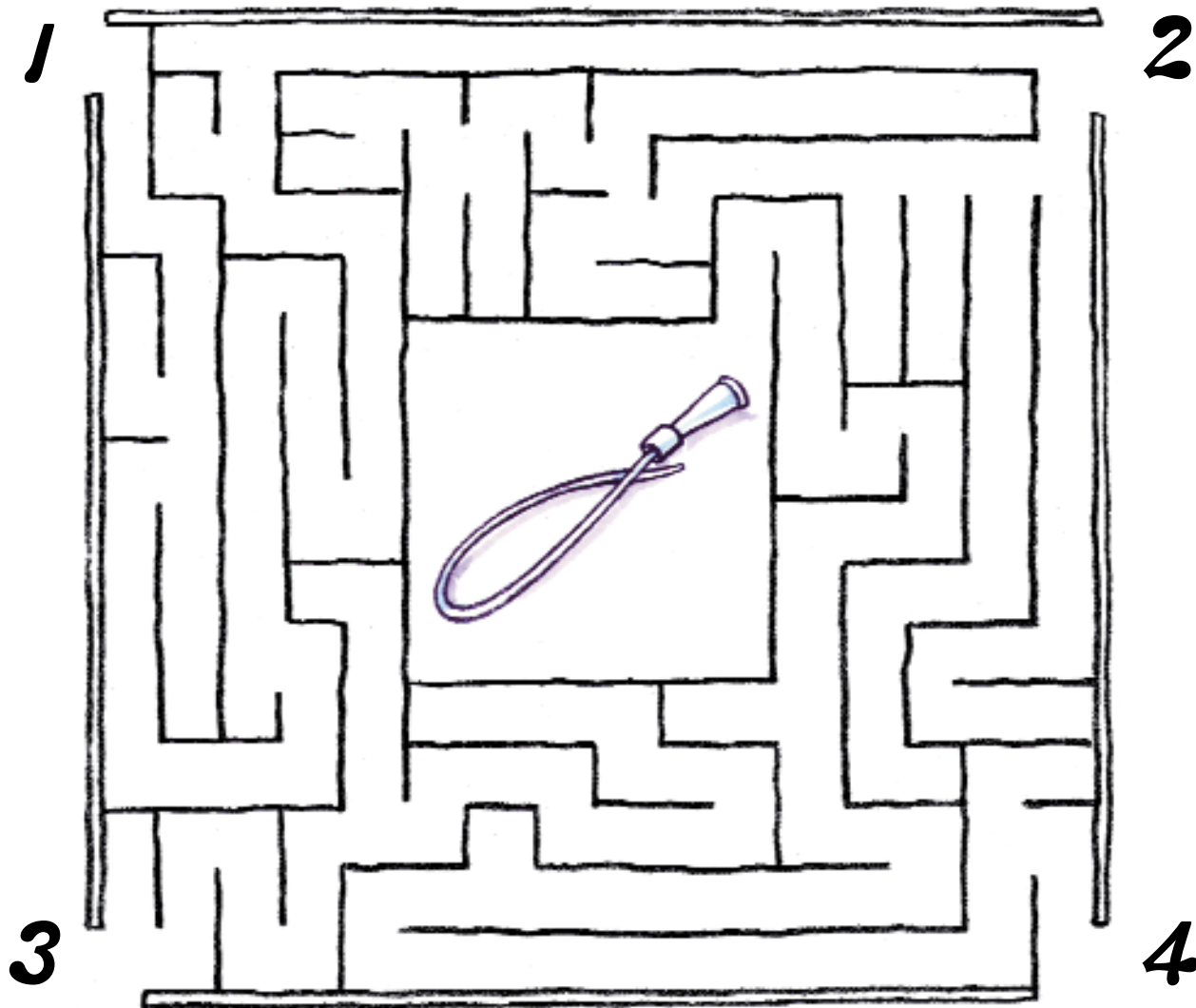
Derek is now very happy because he knows how easy it is with the LoFric catheter. He celebrates with his cousin and new friends.



If you follow the numbers and connect them with a pencil you will see a shape. Can you see what the picture is?



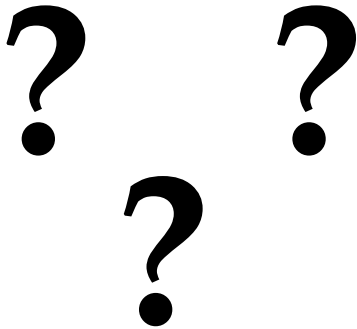
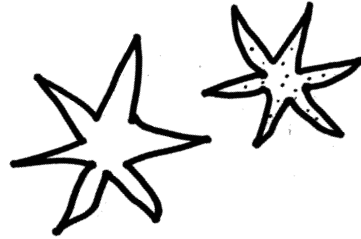
*Derek wants to know which way to go to find the catheter.
Pick a number and see if you're right.*



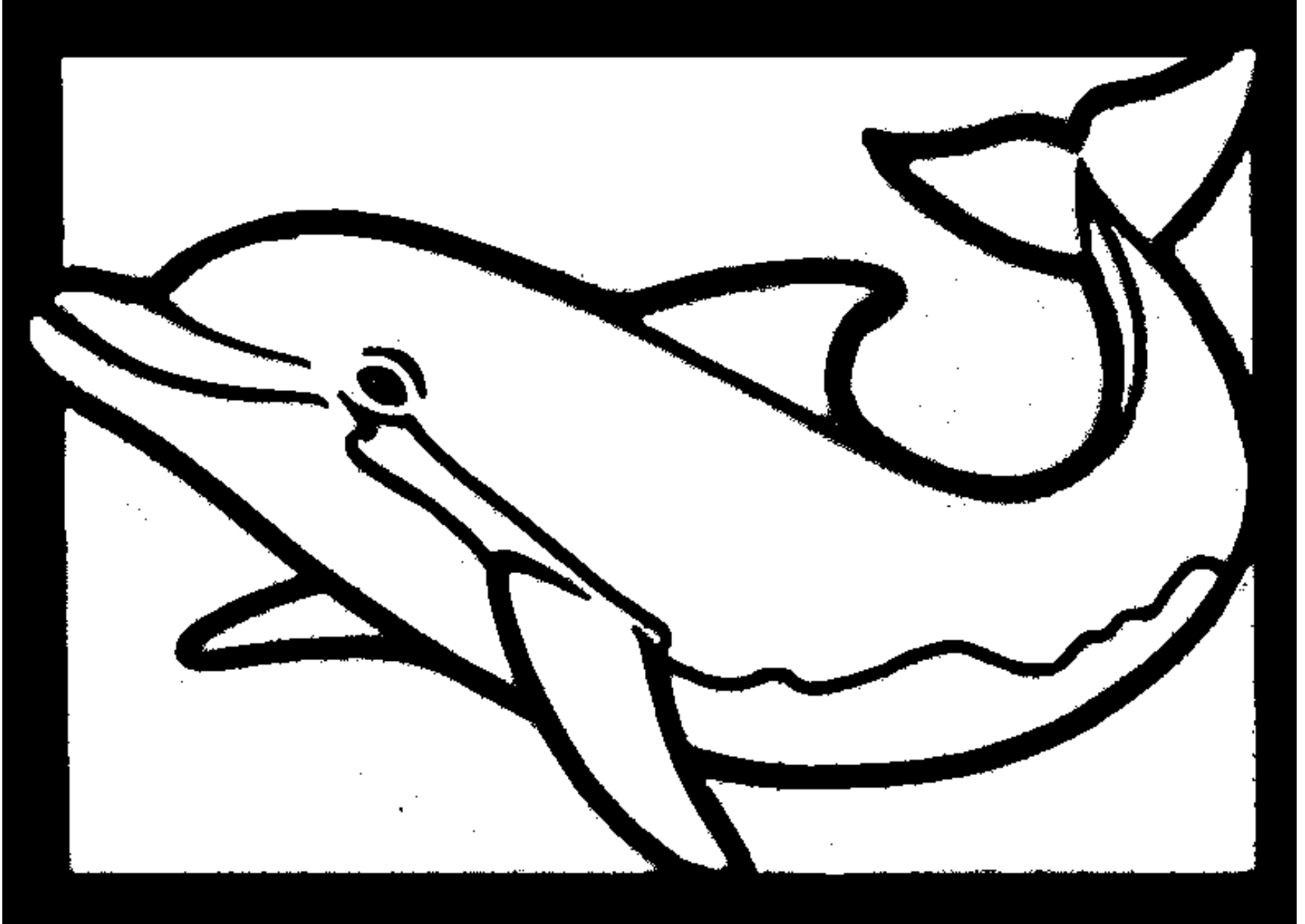


*There are 15 starfish scattered all over this book.
Can you find them all?*

Two of them are right here...

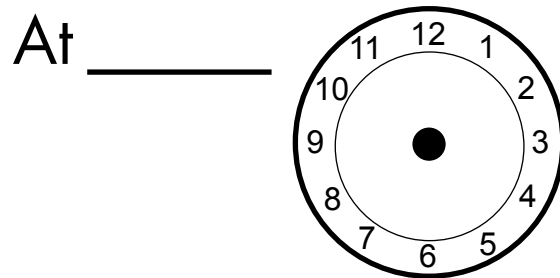
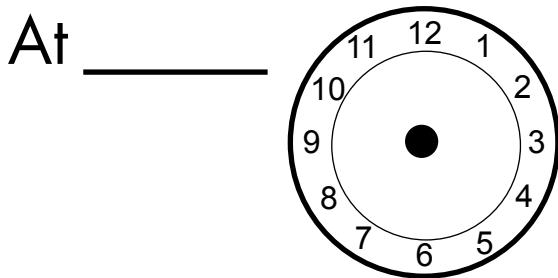
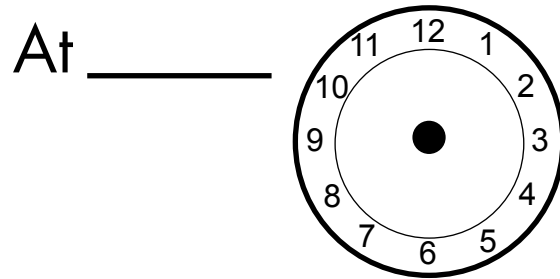
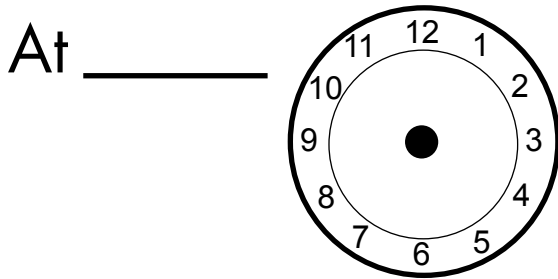
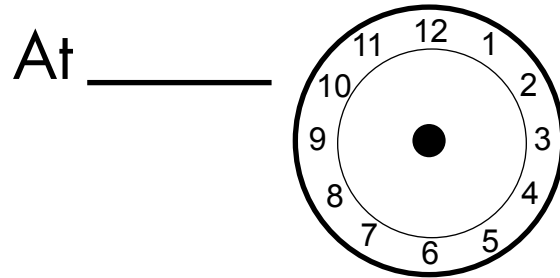
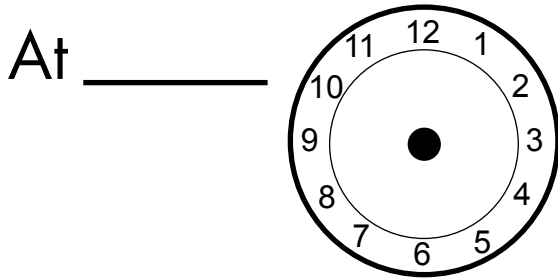


Derek would like to hang this picture on his wall, but it has no color. Can you color it in for him?



Derek says you have to put your LoFric in at different times during the day.

Your doctor or nurse will tell you how often you should do it. Derek says use this page to help you!



See if you can find some of the words you have learned about in this book!

bladder

catheter

dolphin

kidneys

lofric

towel

derek

soap

urethra

water

plastic tube

Z	T	S	U	B	R	A	P	E	K	G	H	R	C
V	S	O	A	P	K	Q	X	D	E	R	E	K	C
E	N	C	W	G	Z	O	I	J	R	T	L	M	I
D	A	J	X	E	M	D	M	K	W	A	T	E	R
Q	L	I	R	I	L	O	N	W	D	Y	T	K	F
S	H	E	B	U	T	C	I	T	S	A	L	P	O
Y	D	O	L	P	H	I	N	U	Y	Z	U	D	L
E	T	Q	A	E	C	A	T	H	E	T	E	R	F
N	N	I	D	B	V	V	Y	X	N	F	I	Q	S
D	J	O	D	F	G	R	E	D	D	A	L	B	G
I	V	K	E	C	U	U	X	X	I	N	T	T	O
K	G	L	R	X	C	I	A	R	H	T	E	R	U

Derek says all the letters to these words are out of order. Can you help him make them right?

(HINT: All these words can be found on the previous page)

HTEACTRE = _____

RBLEDAD = _____

RTAWE = _____

WLTEO = _____

CLOIFR = _____

YKSNEID = _____

AUTHRER = _____

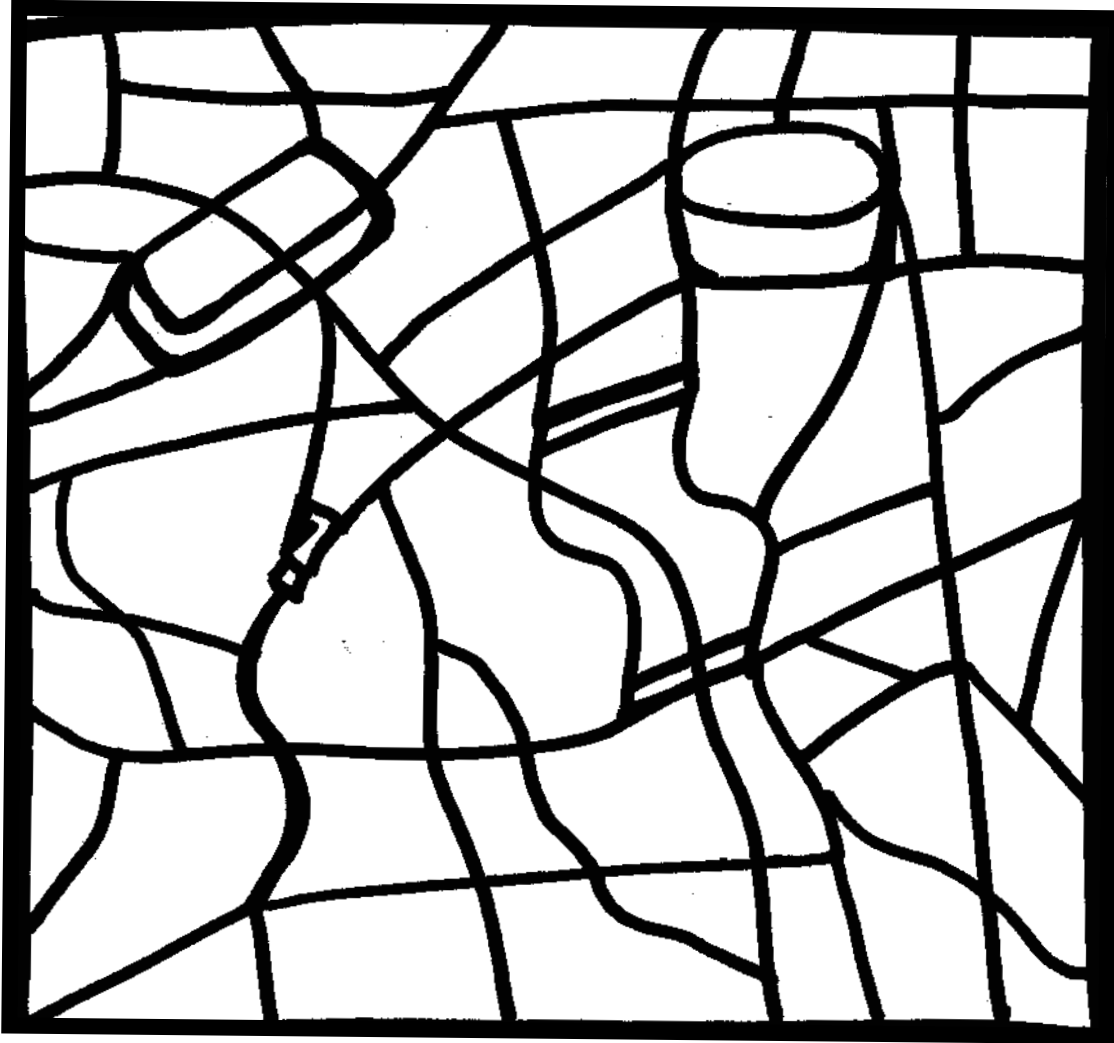
PASO = _____

HNLOPID = _____

LASCPIT BUET = _____

KDEER = _____

Some of the things you need are in this picture.



Can you find them?

Hint: Refer to page 9



Your doctor's name is

Your Nurse's name is

You need to use a size _____ LoFric[®]

with a _____ end.

Parent's Tip!

The LoFric[®] Catheter is available in male, female, adolescent and pediatric sizes. The best suited size will be determined by your doctor or nurse. LoFric[®] is also available with a convenient integrated water sachet or just with a urine collection bag - great for traveling.

Derek the Dolphin



Activity Book