

FELIX & JULIA

NO BIG DEAL. JUST A DIFFERENT WAY.

An
introduction
to peeing
with a
catheter

- **HOW IT'S DONE**
- **HOW IT WORKS AT SCHOOL**
- **PUZZLES AND ACTIVITIES**
- **QUESTIONS AND ANSWERS**



FELIX & JULIA

This book was written for you and contains nearly all the information you need to get started with intermittent self catheterisation (ISC). Intermittent self catheterisation is a big word which means emptying your bladder by yourself regularly with the help of a little tube, called a catheter.

FELIX AND JULIA ARE HERE TO HELP YOU ALONG THE WAY

FELIX



Nickname: F
Age: 11 years old
Favorite subject in school: Art
Favorite activity: Singing and swimming
Best friend: Tom
Miscellaneous: When I pee, sometimes there is some left inside. To get it all out and not become sick, I pee in a slightly different way.

JULIA



Nickname: Jools
Age: 12 years old
Favorite subject in school: Math
Favorite activity: Playing basketball and chatting
Best friend: Alice
Miscellaneous: I was born with a damaged spinal cord, which is why I'm in a wheelchair and pee in a special way.

Two different ways of getting to school

Some people ride a bike to school, while others take the school bus.

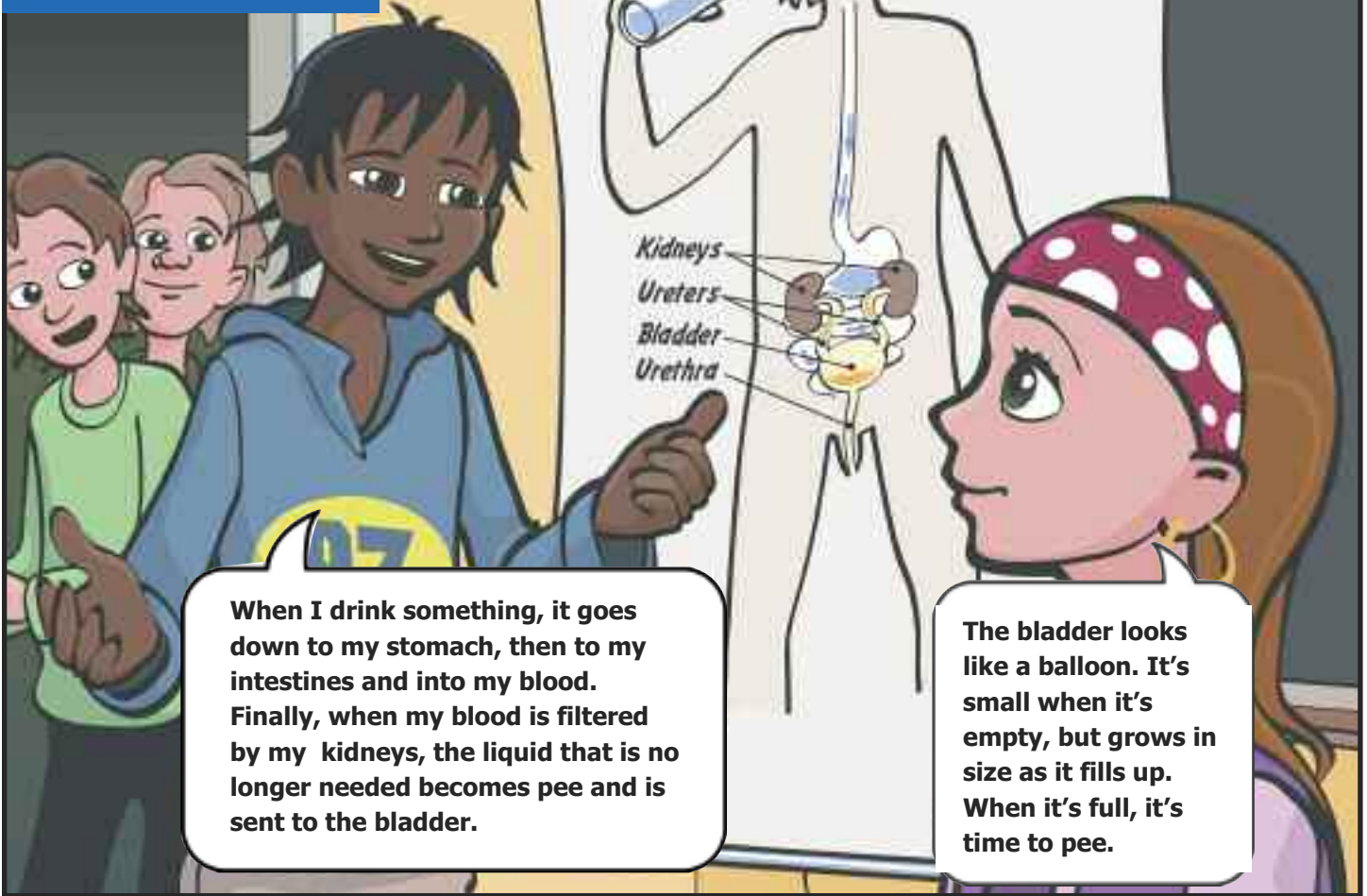


Two different ways to pee

Most people pee directly into a toilet. We pee with the help of a catheter. There's nothing odd about it, that's the way we do it.



FROM DRINK TO PEE



When I drink something, it goes down to my stomach, then to my intestines and into my blood. Finally, when my blood is filtered by my kidneys, the liquid that is no longer needed becomes pee and is sent to the bladder.


The bladder looks like a balloon. It's small when it's empty, but grows in size as it fills up. When it's full, it's time to pee.

IMPORTANT

WHEN YOUR BLADDER IS FULL, IT NEEDS TO BE EMPTIED!



If you keep pouring water into a bathtub that is full, it will flow over on to the floor. If you keep filling your bladder, it will get full and the pee will either go back up to your kidneys, which may make you sick, or force its way down, which will get you wet. You need to pee regularly, several times a day, as the doctor told you.



When it's break time, I usually take the chance to go to the toilet. I always try to remember it on my own, but sometimes I need someone to remind me.

I use this little tube when I need to pee. It is a LoFric catheter and it gets really slippery when you put it in water.



ABOUT ME

MY NAME IS _____

I need to use a catheter _____ times a day. The first time is when I get up in the morning and the last time is just before I go to bed.

I use a LoFric _____ catheter, size (FR): _____

Color (funnel end): _____ Length: _____

IMPORTANT TELEPHONE NUMBERS _____

Home: _____

Mom's work: _____

Mom's cell: _____

Dad's work: _____

Dad's cell: _____

Doctor or nurse: _____ Tel: _____

Teacher: _____ Tel: _____

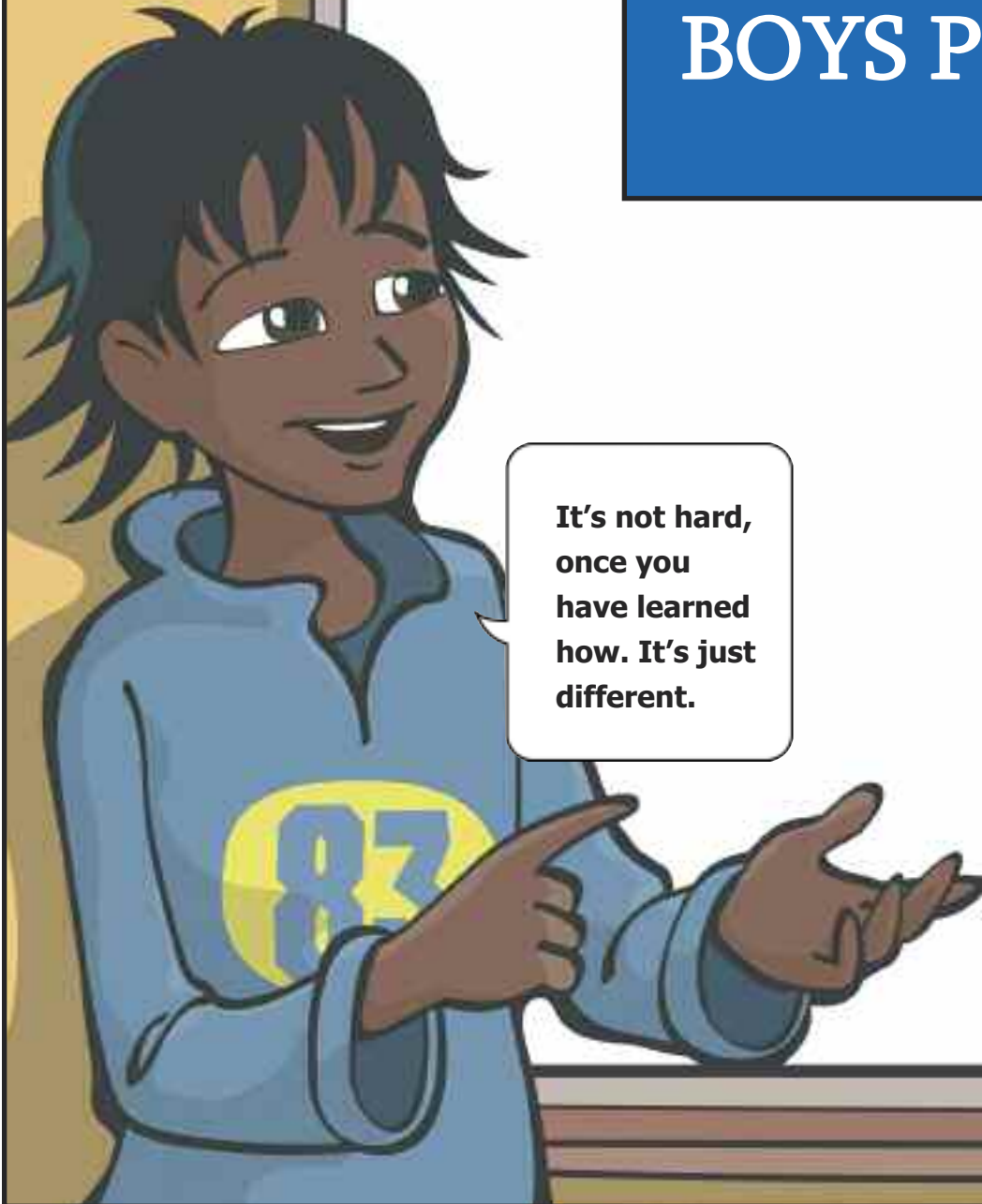
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THIS IS HOW WE BOYS PEE

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**It's not hard,
once you
have learned
how. It's just
different.**

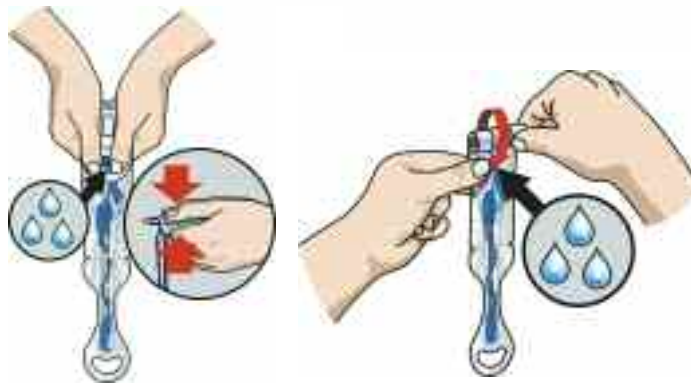
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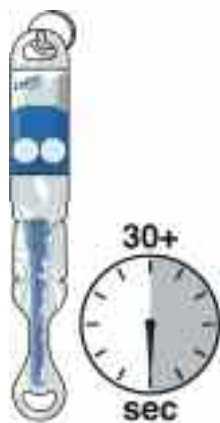
THIS IS HOW WE BOYS PEE



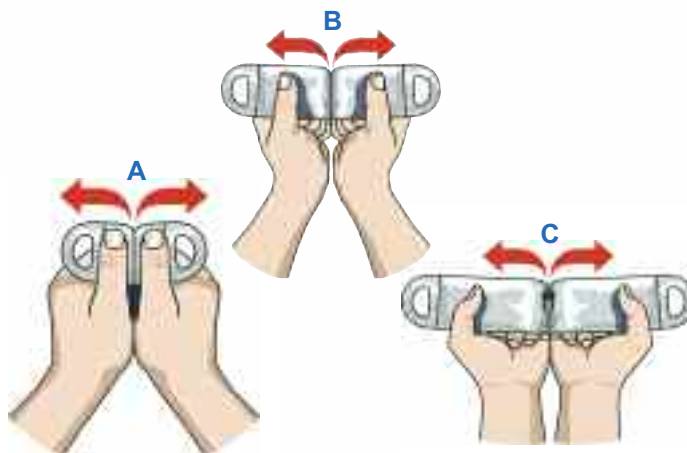
1. First, I wash my hands.



2. I squeeze the water pouch or roll it so that the water runs down.



3. I let the catheter soak for 30 seconds and get myself ready to catheterize.



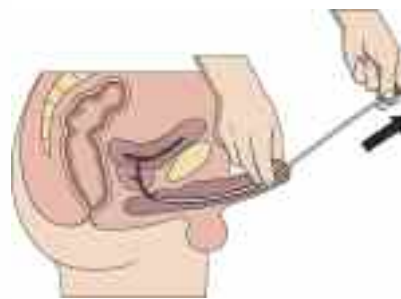
4. I peel open the packaging and continue opening until I can see the catheter's colored funnel end. I remove the catheter from the packaging.



5. I gently insert the catheter. If it doesn't slide in easily I take a deep breath or cough a little to relax the muscles.



6. When the catheter is all the way into my bladder, the pee comes out. I aim for the toilet.



7. When I'm sure my bladder is completely empty, I slowly remove the catheter. When I'm done, I wash my hands again.



Tear here

THIS IS HOW WE GIRLS PEE

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**It feels a bit
odd at first,
but you soon
get used to
it.**

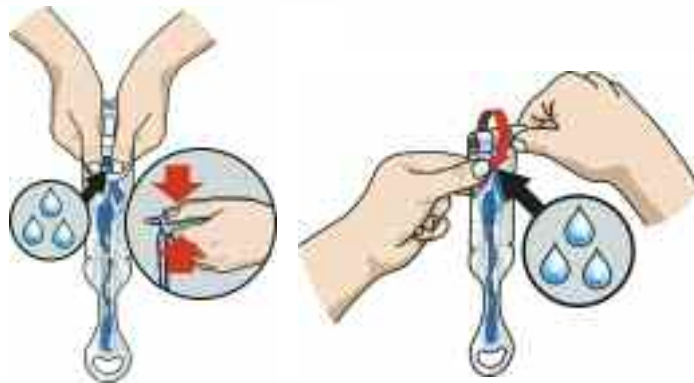
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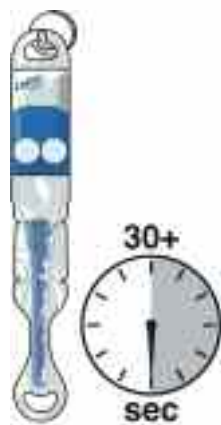
THIS IS HOW WE GIRLS PEE



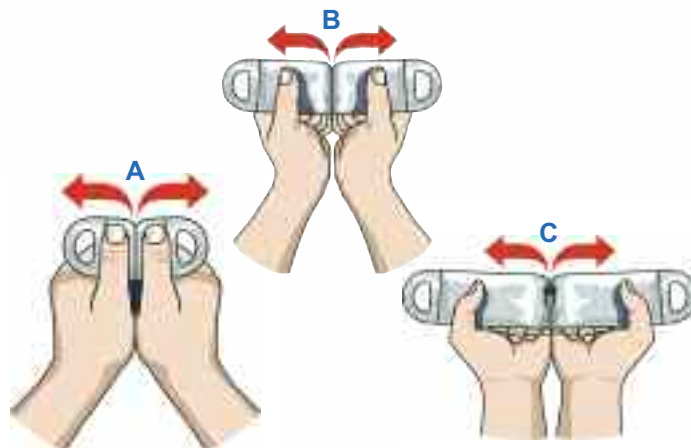
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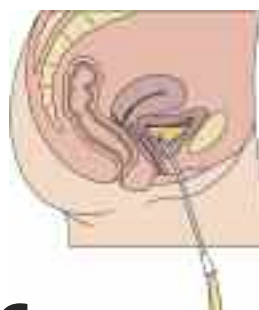
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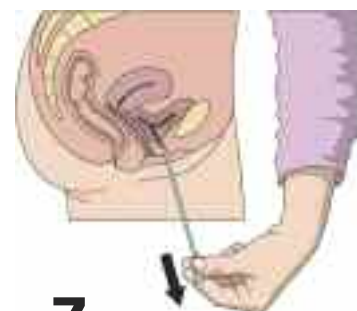
4. I peel open the packaging and continue opening until I can see the catheter's colored funnel end. I remove the catheter from the packaging.



5. I gently insert the catheter. The opening of the urethra looks like a small star. You can use a mirror to help you, but it's a good idea to learn to feel your way.



6. When the catheter is all the way into my bladder, the pee comes out.



7. When I'm sure my bladder is completely empty, I slowly remove the catheter. When I'm done, I wash my hands again.



QUESTIONS AND ANSWERS

Does it hurt?

Julia: I don't feel very much because of my back injury.

Felix: I thought it felt strange at first, but it didn't hurt.

Can I do it wrong?

Felix: Sometimes it's a bit hard to put the catheter in. Try to wait a while, take a deep breath or cough a little to relax your muscles.

Julia: If you are a girl and no pee comes out, you might have put the catheter in the wrong hole. Take a new catheter and try again.

Can the catheter disappear inside my body?

Julia: The catheter can't disappear! It can never go any further than into your bladder.

Felix: It can't poke a hole in your bladder either, as the catheter bends when it hits the inside of your bladder.

Is it enough to empty my bladder in the morning and evening?

Felix: Only if it is what your doctor told you, otherwise no. If the pee stays in the bladder too long, bacteria (just like very small bugs) will form and that will make you feel sick.

Julia: Other children pee between 4 and 6 times a day. Most of us have to do that too.

Can I drink less to reduce the numbers of time I need to catheterize?

Julia: No. Your body needs the water to function.

Felix: The pee washes out the bacteria.

Do I have to tell my teachers?

Felix: It's a good idea to let your teacher know because sometimes you might need help.

Julia: Before I started school, my parents and I spoke to my teacher. She's really nice and reminds me if I forget to go to the toilet.

Do my friends have to know?

Julia: Everyone sees that I am sitting in a wheelchair, but only my best friend, my teacher, and my basketball coach know that I pee with a catheter.

Felix: You decide who gets to know, I've told some of my friends.

Can I go on school trips?

Felix: Yes, of course. But don't forget to take enough catheters with you.

Julia: This isn't a problem at all. Usually I take catheters with their own water and bag if we're traveling where the toilet is far away.

Can I go swimming?

Felix: Sure you can go swimming. I do it all the time!

Julia: Yes you can... I love it, it's fun.

PUZZLES AND ACTIVITIES

SPOT THE DIFFERENCES!

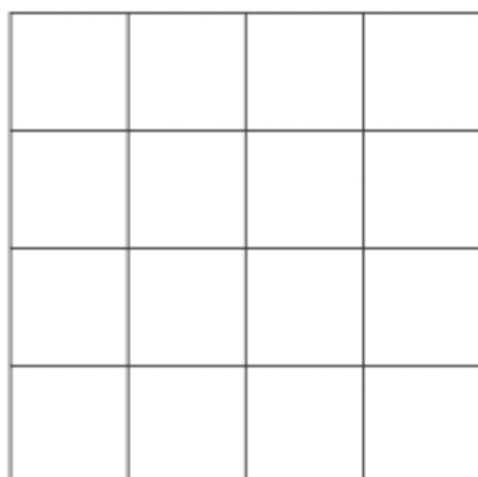
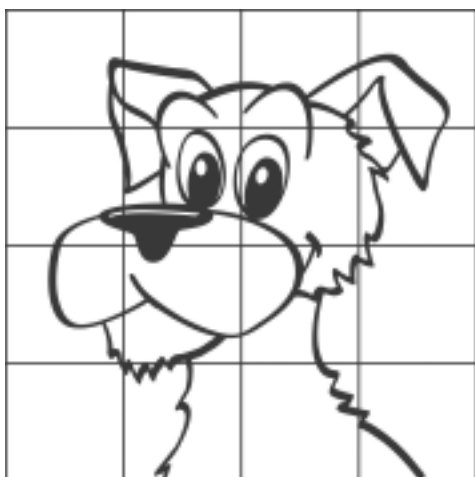
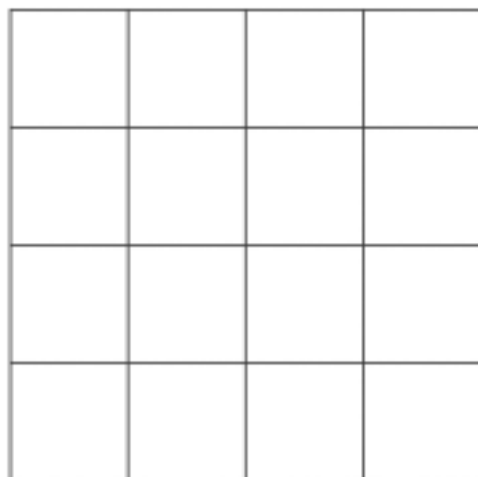
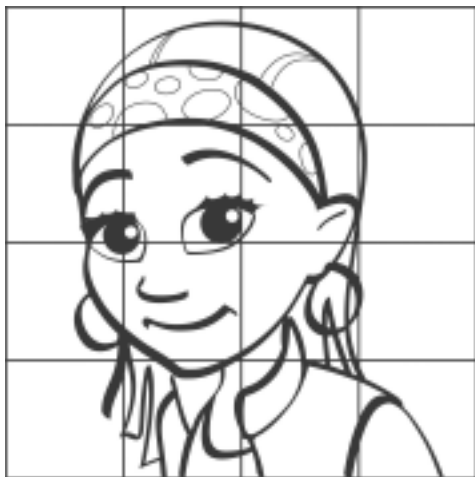
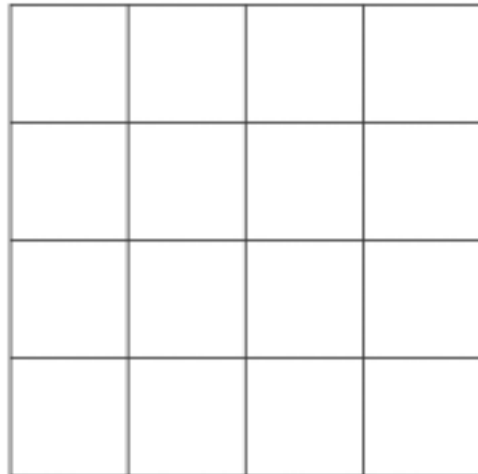
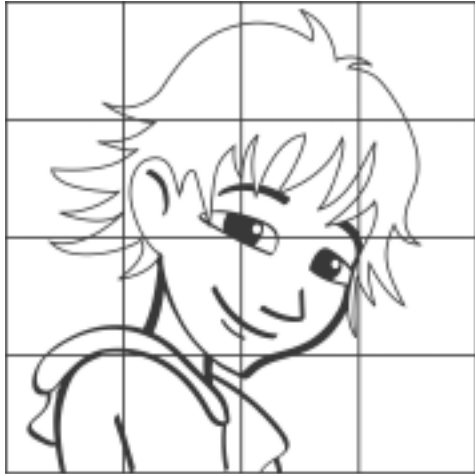
Take a careful look at both
of these images. The bottom
picture is slightly different
than the top one. Can you
spot the **5** differences?



Color the image with your favorite colors!



Draw Felix, Julia, and their dog. It's easier to make professional-looking portraits if you use a grid. Draw them square by square.





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our website!
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