

My Catheter



BOOK

My Catheter Book

First name _____

Last name _____

About Me

I am _____ years old. I was born on _____, _____.
(month, day) (year)

I live in _____.

My address is: _____.

My telephone number is: _____.

I have _____ brother(s) and _____ sister(s).

My doctor's name is: _____.

My nurse's name is: _____.



Hello! I'm a catheter, and I'm very pleased to meet you. I have a special job; I help kids who have problems when they urinate.

Now, let's turn the page and find out how I can help you.

Let's go!



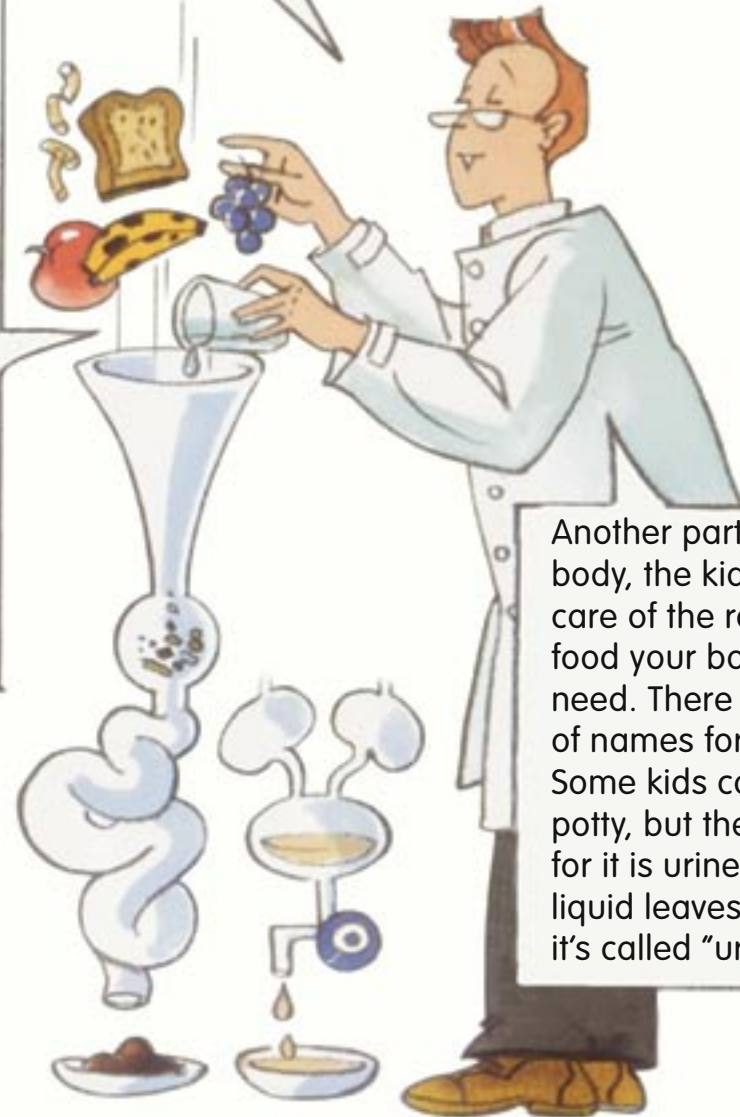


Let's start by finding out how your body works.

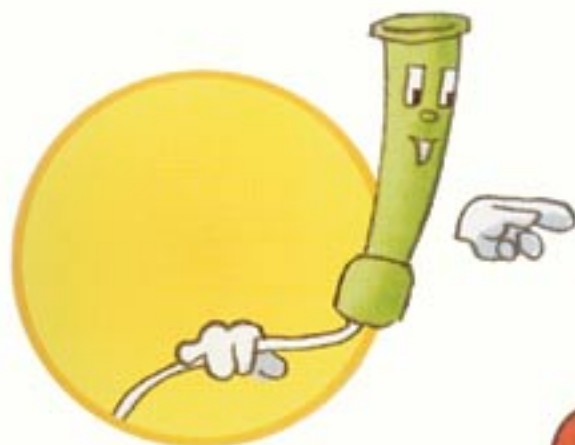
Everything gets mixed together in your stomach. Then the food moves into your intestines. The intestines take the good parts of the food that your body needs—like proteins, fats, sugars and vitamins—and sends it into your blood, where your body can use it for energy. The parts of the food that you don't need leave your body. There are lots of names for the waste that leaves your body. Some kids call it poop or doo-doo but the real name for it is feces.



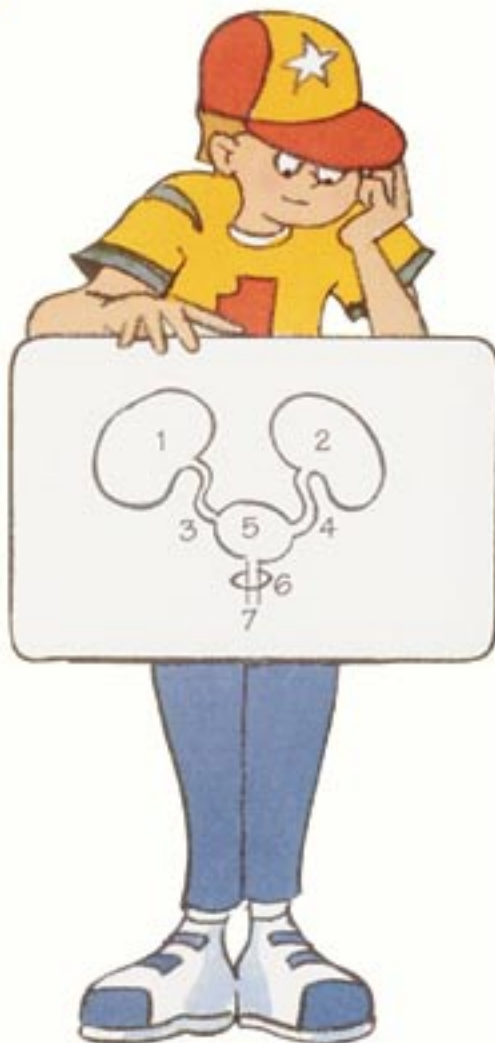
This is the food that you eat and drink. When you chew and swallow, the food goes down your throat and into your stomach.



Another part of your body, the kidneys, takes care of the rest of the food your body doesn't need. There are lots of names for this, too. Some kids call it pee or potty, but the real name for it is urine. When the liquid leaves your body, it's called "urinating."



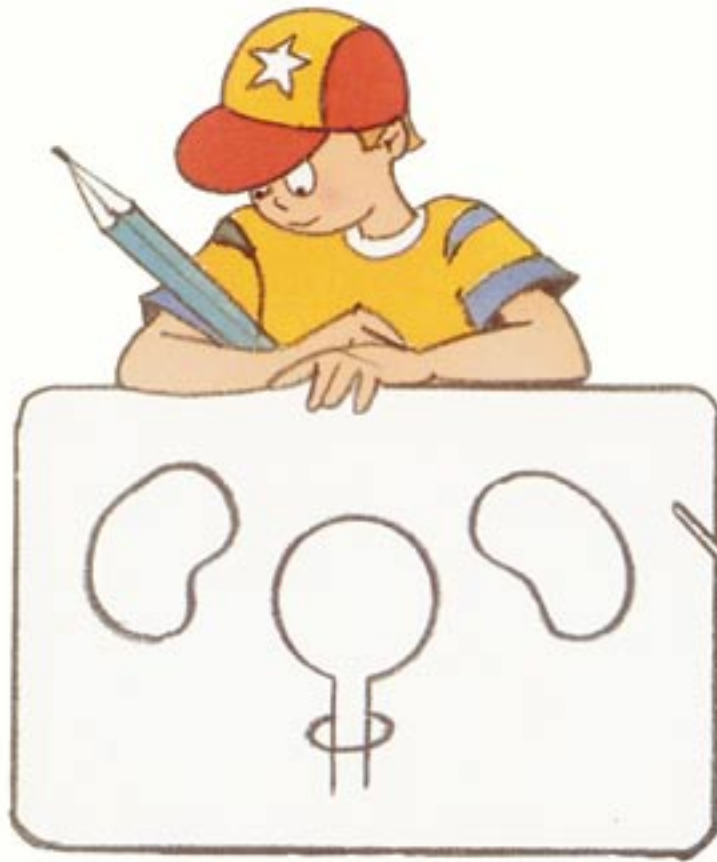
A catheter like me helps urine leave your body. Let's take a closer look at where urine is made and how it comes out of your body.



This picture shows the parts inside your body. Shapes #1 and #2 are the kidneys. The kidneys make urine. The urine flows into the two little tubes (#3 and #4), called ureters, which carry the urine into the bladder (#5).

The bladder is a space that stores the urine. Near the bottom of the bladder is called the sphincter (#6). The sphincter works like a faucet. When it is closed, the urine stays in the bladder. When you have to urinate, the sphincter opens and the urine comes out of the bladder and flows through another tube called the urethra (#7), which carries the urine out of your body.

If your body needs help urinating, a catheter will go into the urethra to help the urine leave your body. This is called catheterization.



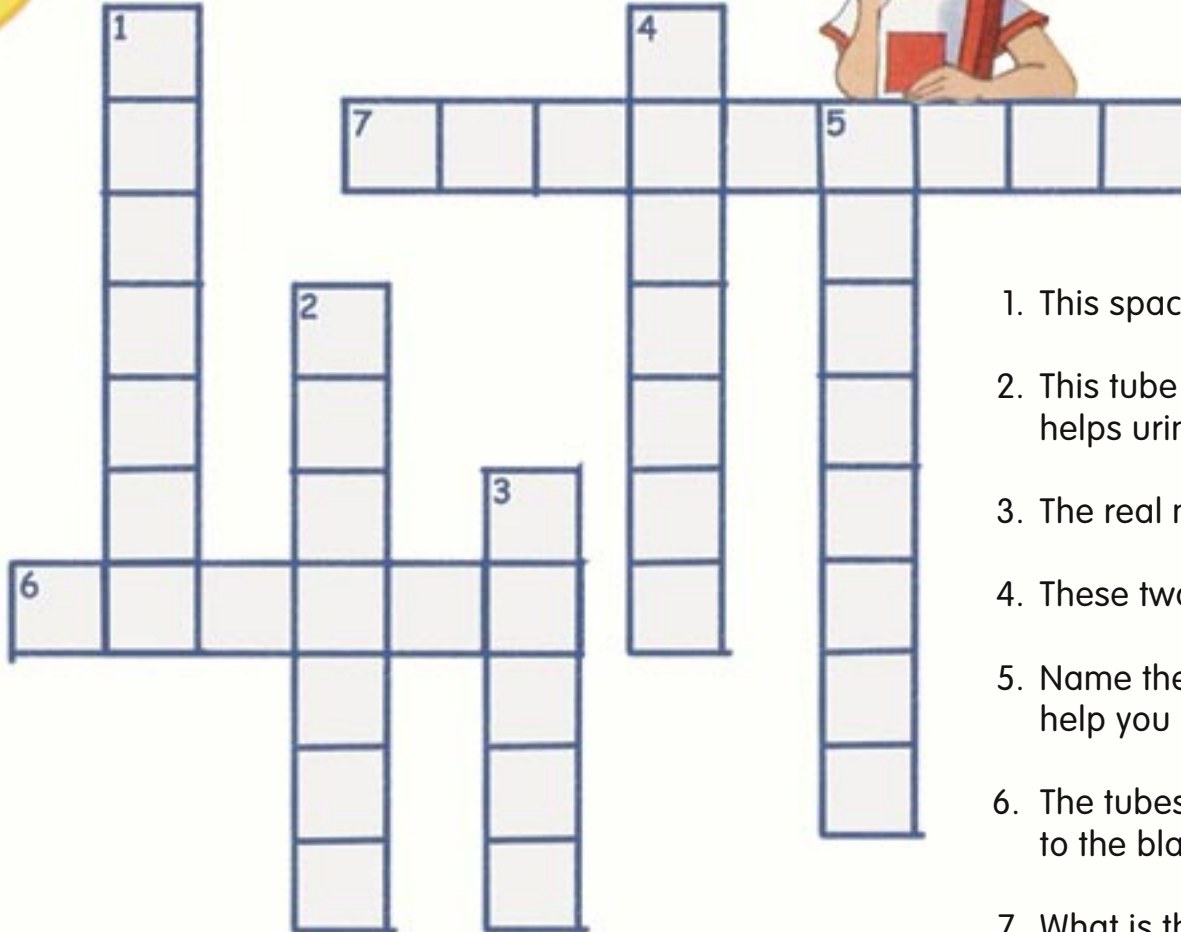
Here's something fun to do! You can finish the drawing. Put the numbers where they belong and draw any parts that are missing.

- 1 and 2: Kidneys
- 3 and 4: Ureters
- 5: Bladder
- 6: Sphincter
- 7: Urethra





Can you put the right words in the crossword puzzle?



1. This space stores the urine.
2. This tube is part of your body that helps urine leave the bladder.
3. The real name of pee or potty.
4. These two body parts make urine.
5. Name the tube that you can use to help you urinate.
6. The tubes that connect the kidneys to the bladder.
7. What is the real name of the faucet that lets urine out of the bladder?

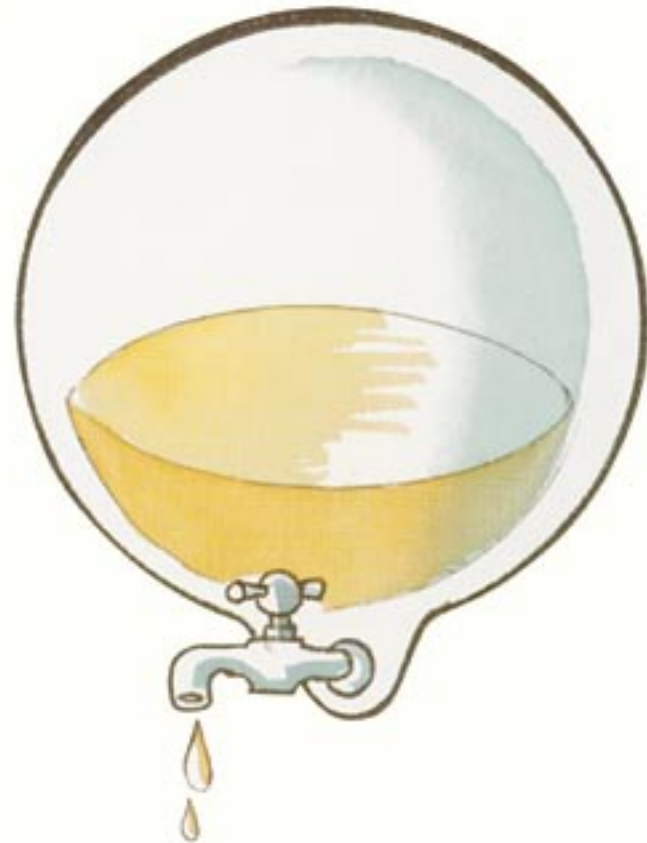
Tell me, what's the problem?



I'm wet all the time because I can't stop urinating.



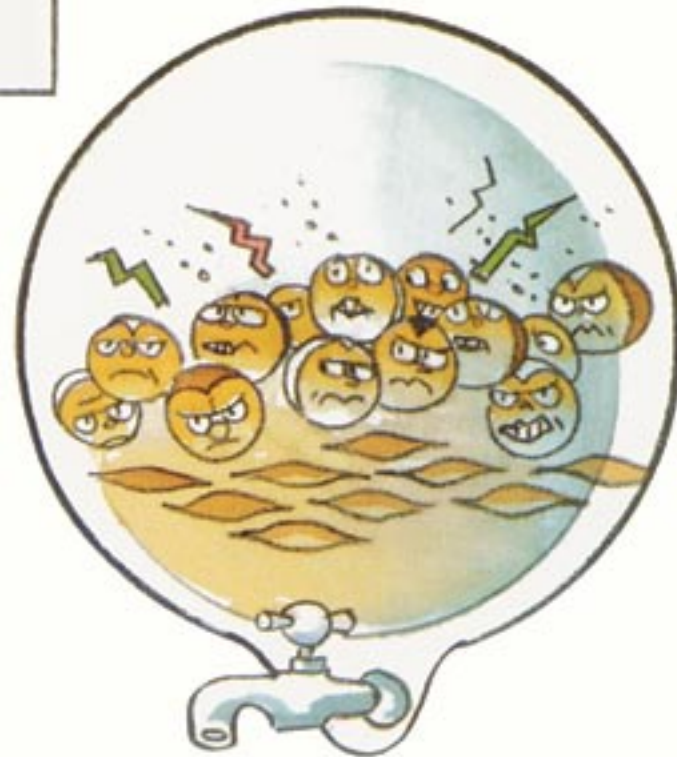
That happens because the sphincter that keeps the urine in my bladder doesn't close very well.



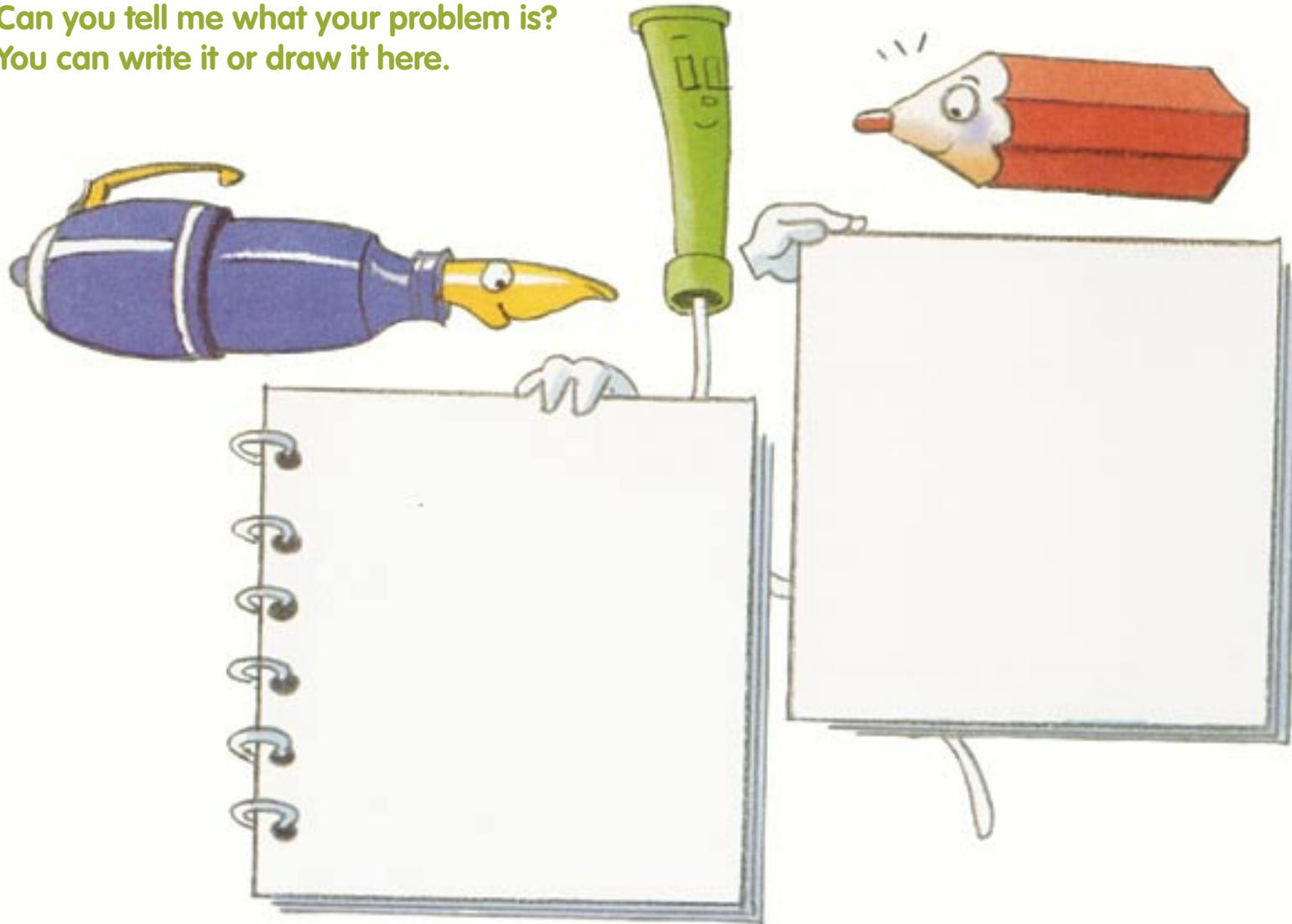


Sometimes when your bladder gets too full, your urine overflows and you can feel very uncomfortable.

For me, it's the opposite. I have problems getting all my urine out.



Our friends have two different problems.
Can you tell me what your problem is?
You can write it or draw it here.

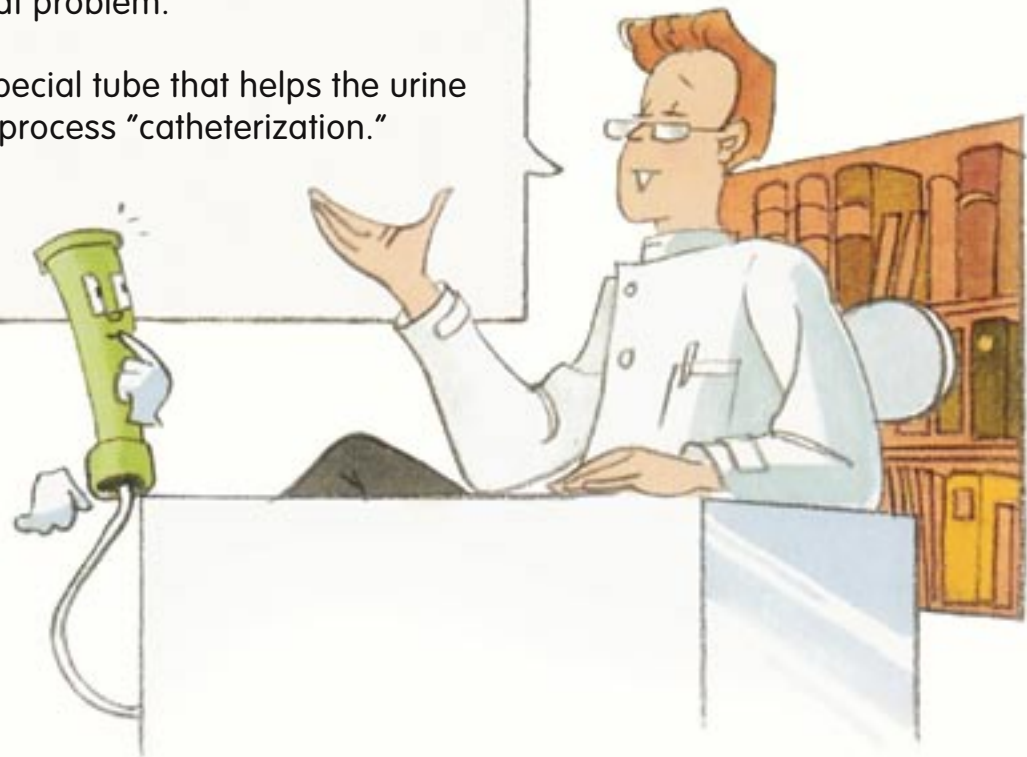




It looks like you'll have to go see the doctor. The doctor will examine you and tell you what's going on with your body.

The problem is that your urine isn't coming out of your body like it should. But we can fix that problem.

You can use a catheter. It's a special tube that helps the urine leave the bladder. We call this process "catheterization."





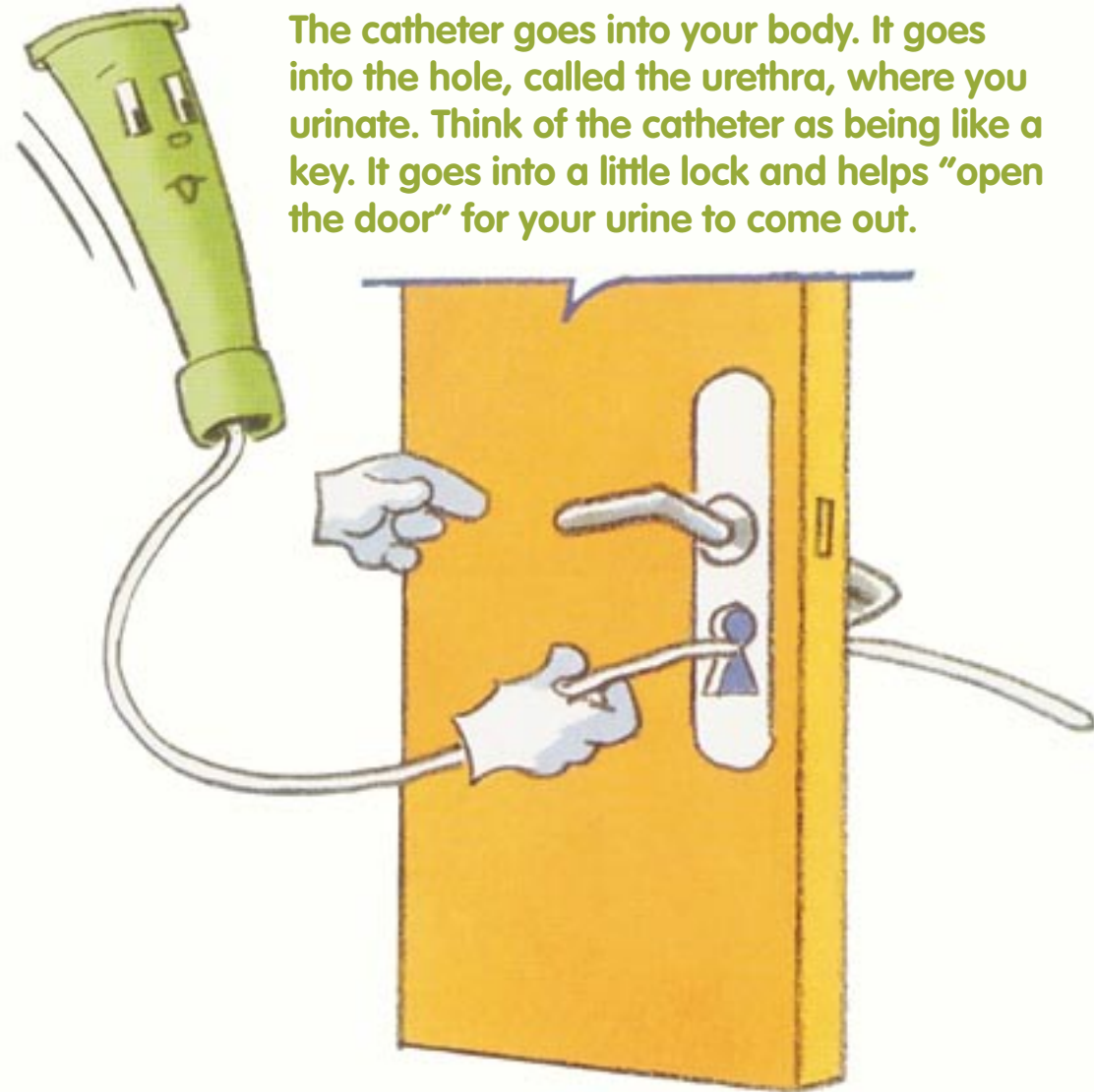
In the past, your mom or dad or another adult put the catheter in for you.

Now I'm going to show you how to do it yourself.

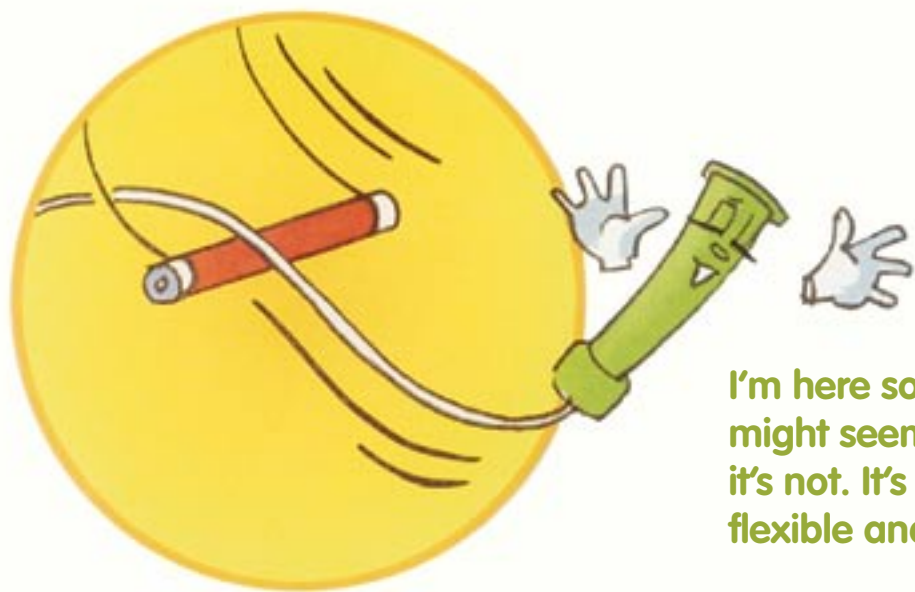




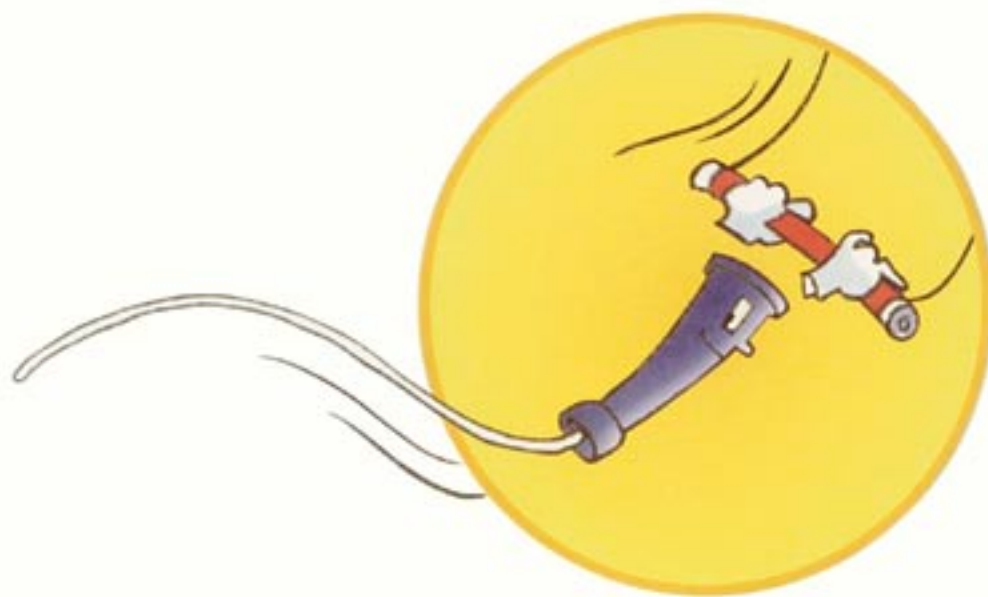
Let's talk about how you will use the catheter.



The catheter goes into your body. It goes into the hole, called the urethra, where you urinate. Think of the catheter as being like a key. It goes into a little lock and helps "open the door" for your urine to come out.



I'm here so you don't have to worry. It might seem hard to use a catheter, but it's not. It's really easy. Catheters are flexible and agile, like acrobats!



Catheters like me come in many different sizes. The biggest size lets the urine come out faster. Your doctor will pick the size that's just right for you.

Here's how to insert a catheter.



1

First, pull down your pants and underwear. If you want to, you can take them off.



2

Wash your penis with a towelette and water. This will help keep germs out of your body.



3

Next, wash your hands well with soap and water. Scrub your fingernails, too. This also helps keep germs out of your body.

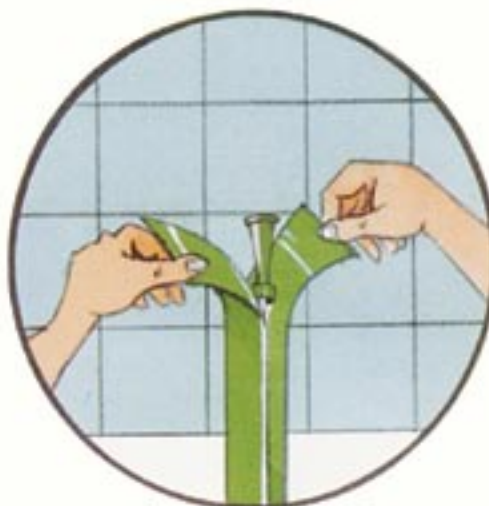
4

Use a paper towel or piece of toilet paper to keep your hands clean when you turn off the faucet. Don't touch anything else.



5

Open the package with the catheter. The catheter has water in it, so it will be easy to insert into your body.



6

Pick up the catheter with a towelette or by the colored connector.



7

Use your other hand to pull back the skin on your penis, so you can see the hole where you urinate.



8

Slowly push the catheter into the hole. Keep pushing slowly until the urine starts to come into the catheter. Aim the catheter so the other end will empty the urine into the toilet.

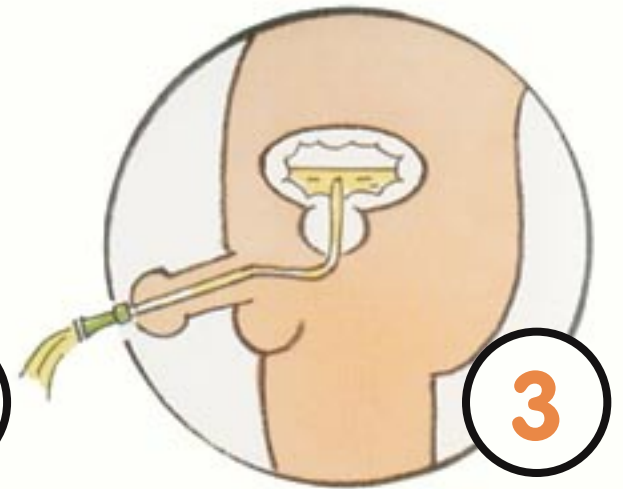
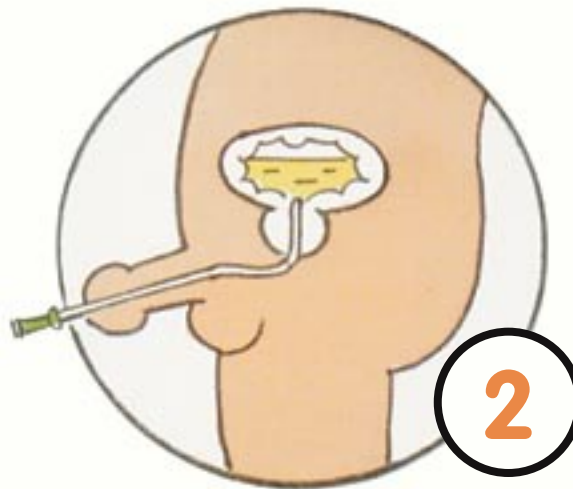
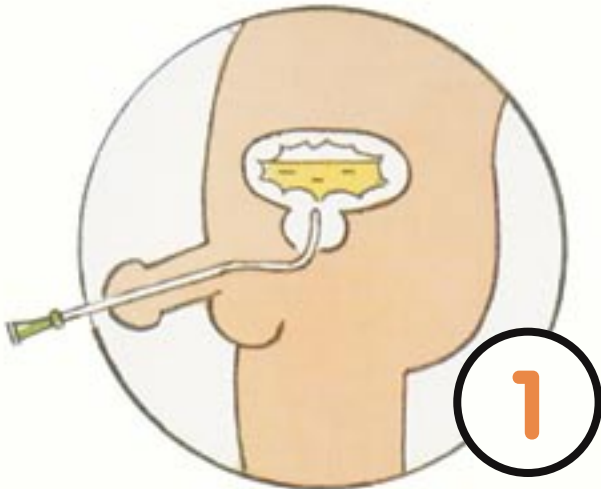




Let's look at where the catheter goes when it's inside your body.

When the catheter stops a little bit, that means you have reached the bladder. (Picture #1)

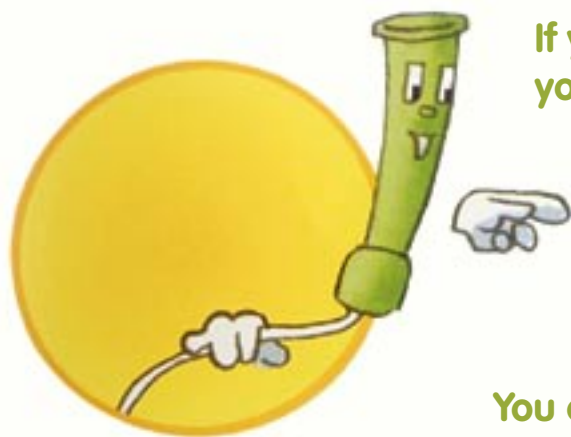
You can push the catheter a little bit further. (#2)
When you see the first drop of urine, push the catheter in a little more, so that all the urine will come out of your bladder. (#3)



When no more urine comes out, slowly pull the catheter out. Now you can throw the catheter away.

That's how catheterization works! And when you've done it lots of times, you'll find it's as easy as brushing your teeth.





If you aren't able to stand up when you urinate...

You can connect the catheter to a urine bag...



Or you can put your catheter in while you're sitting on the toilet.



This page is all mixed up! Can you put the catheterization steps in the right order? Put number 1 in the box for the first step, number 2 for the second and so on until you number all the steps.



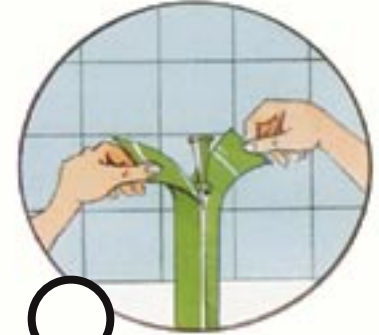
Shut off the faucet.



Pull back the skin on your penis so you can see the hole.



Pick up the catheter with a towelette or by the colored connector.



Open the catheter package.



Take off your pants and underwear.



Push in the catheter.



Wash your penis.



Wash your hands.



Draw a blue circle around the things that are okay to do.
Put a red X on the things you shouldn't do.



Wash your penis with
a bath mitten.



Wash your penis with
a towelette.



Pick up the catheter
with a towelette or by
the colored connector.



Wash your hands.



Shut off the faucet
with a paper towel or
piece of toilet paper.



Shut off the faucet with
your bare hands.

Here are some important things to know.



If your catheter is moving around too much...use a towelette to hold it still.



If your catheter falls on the floor, throw it away and get out a new one.



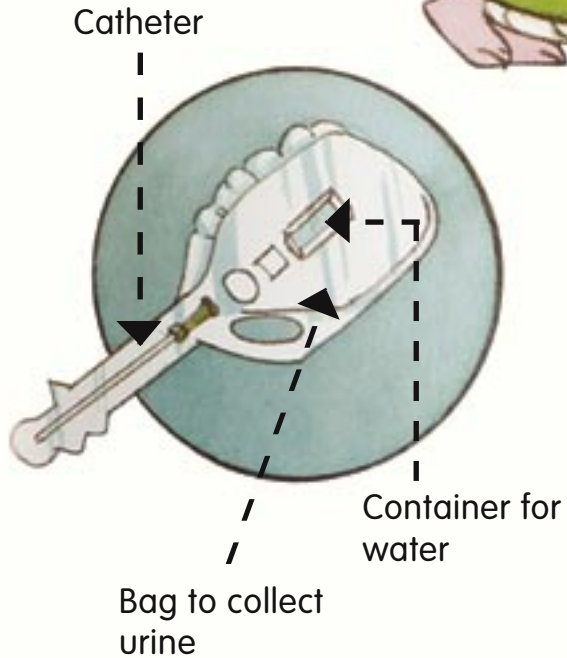
If it takes too long to urinate, that means the catheter you are using is too small. Tell your doctor if this happens.

See? Using a catheter is easy; as easy as brushing your teeth. It just takes a little practice. Catheterization is just a way to help your body urinate the way it's supposed to.

Now I'd like to introduce you to a special friend who can help you catheterize yourself.



Caroline is like a turtle. You know how a turtle carries its house on its back? That's what Caroline does; she is a catheter that carries a plastic bag to collect the urine.



Snap off the end of the container.



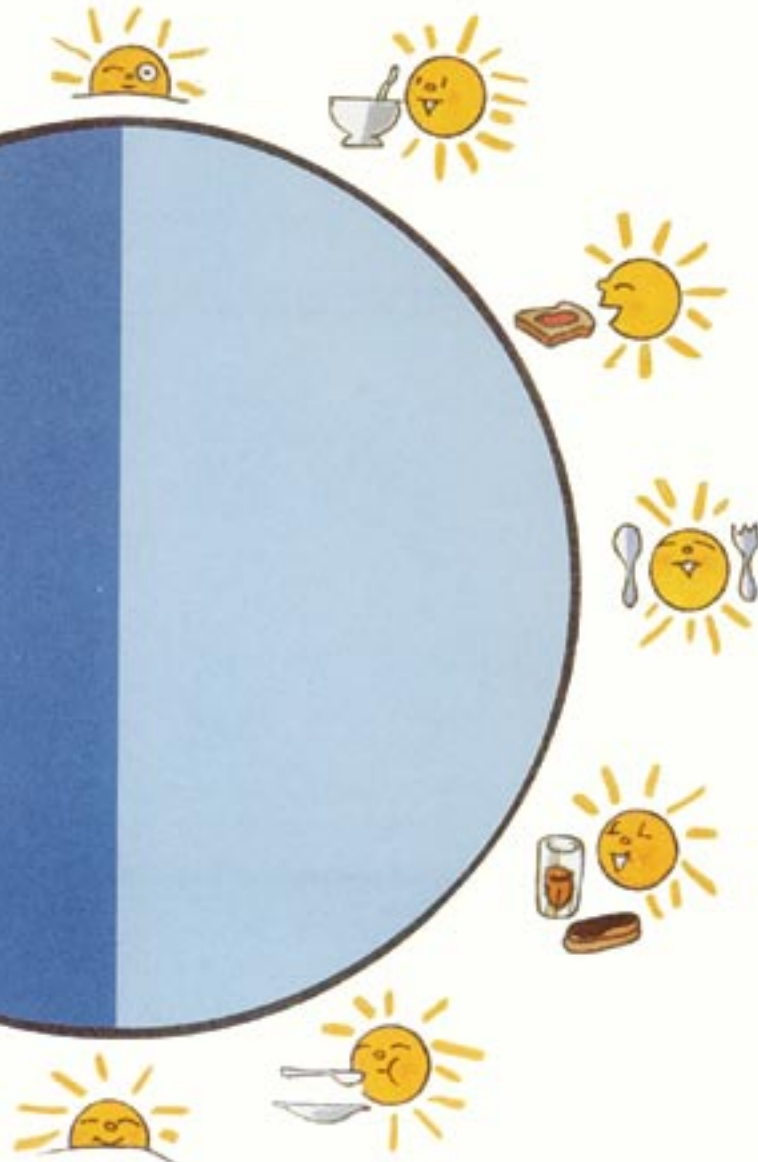
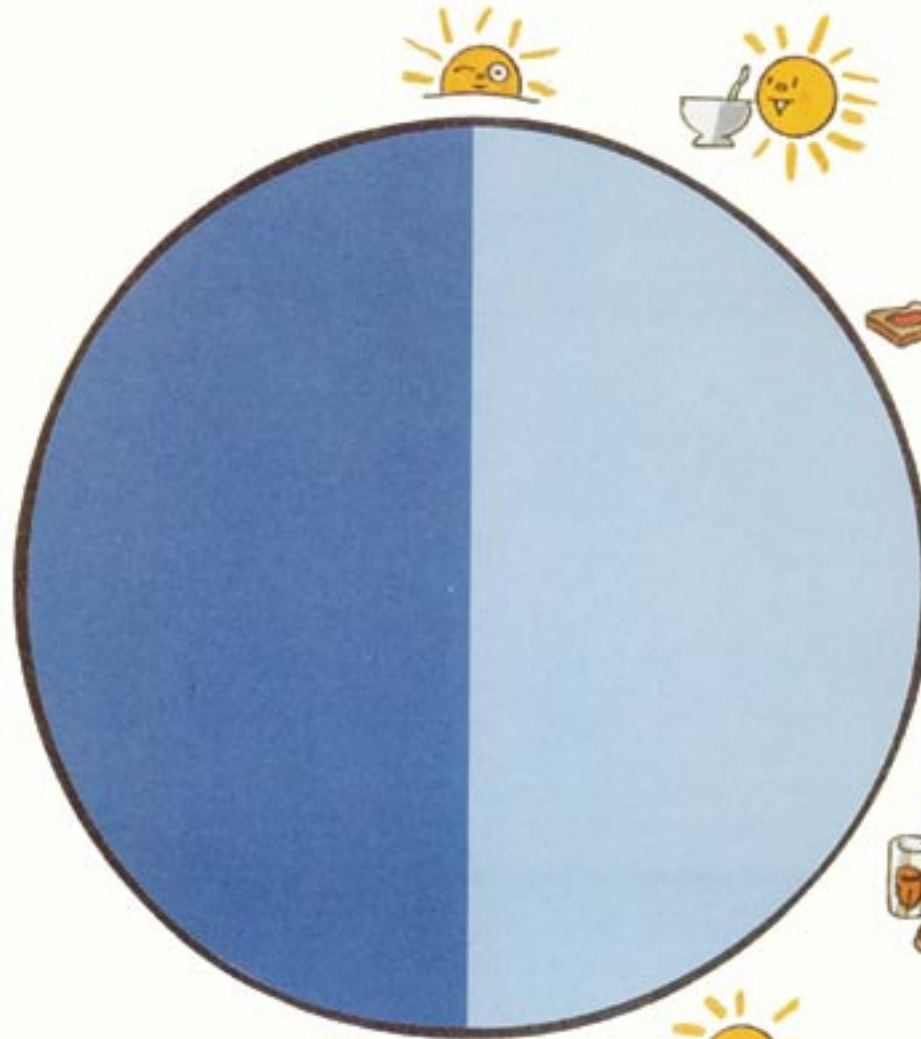
The water in the container dampens the catheter. Wait 30 seconds.



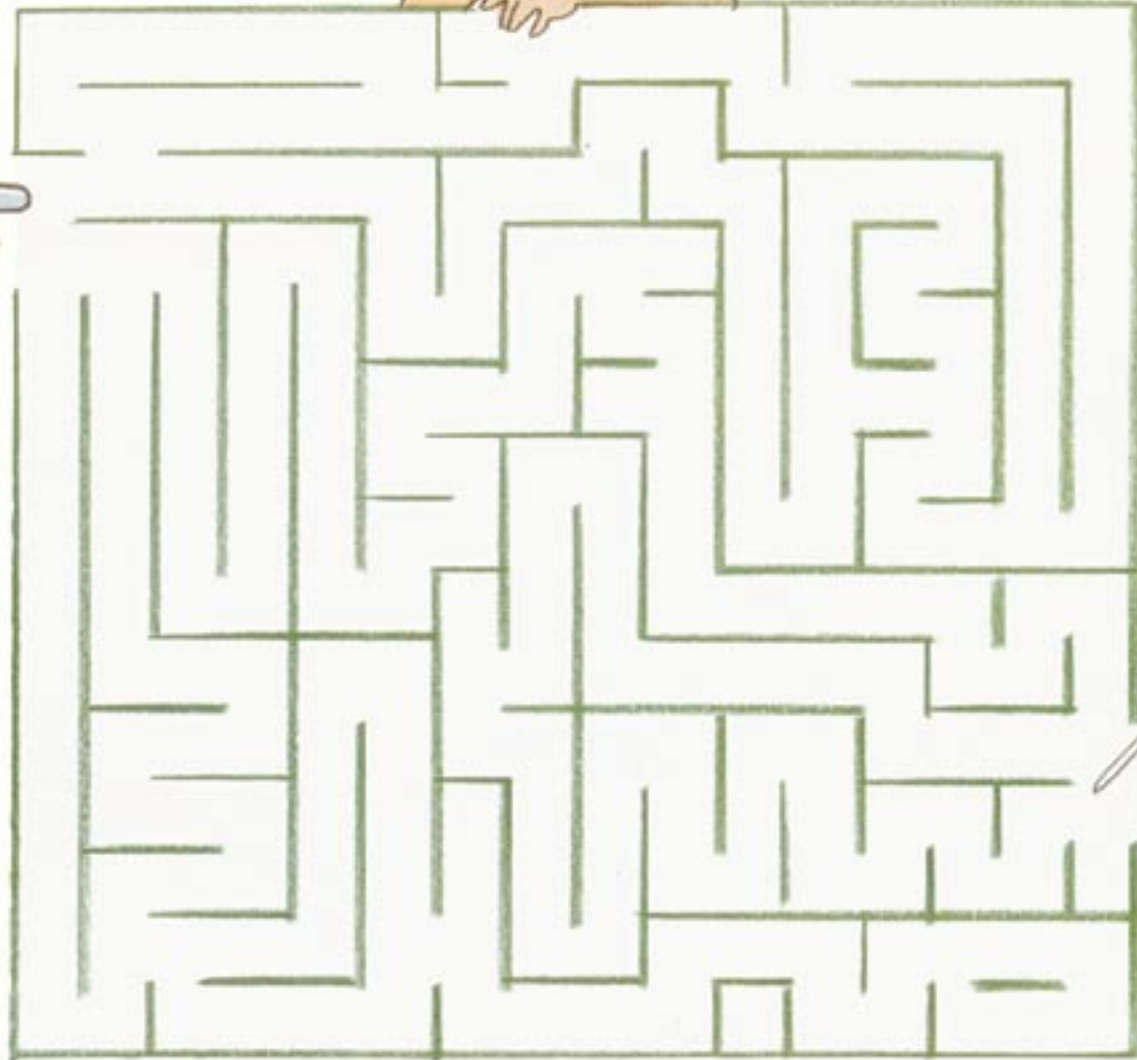
Open the little end of the bag to let the catheter out.

Always use Caroline when there is no sink or bathroom around. You'll be able to catheterize easily.

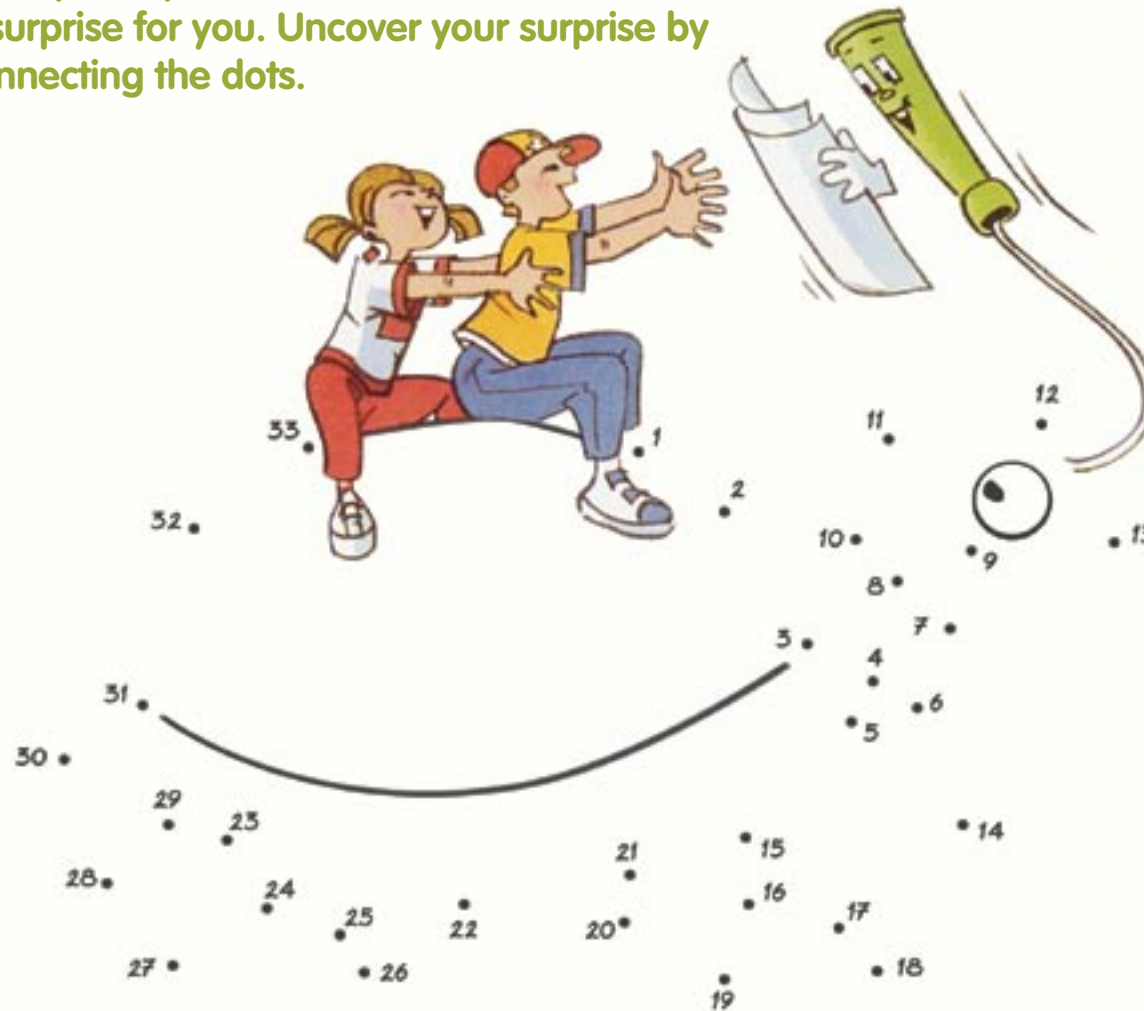
Draw the times you have to catheterize yourself.

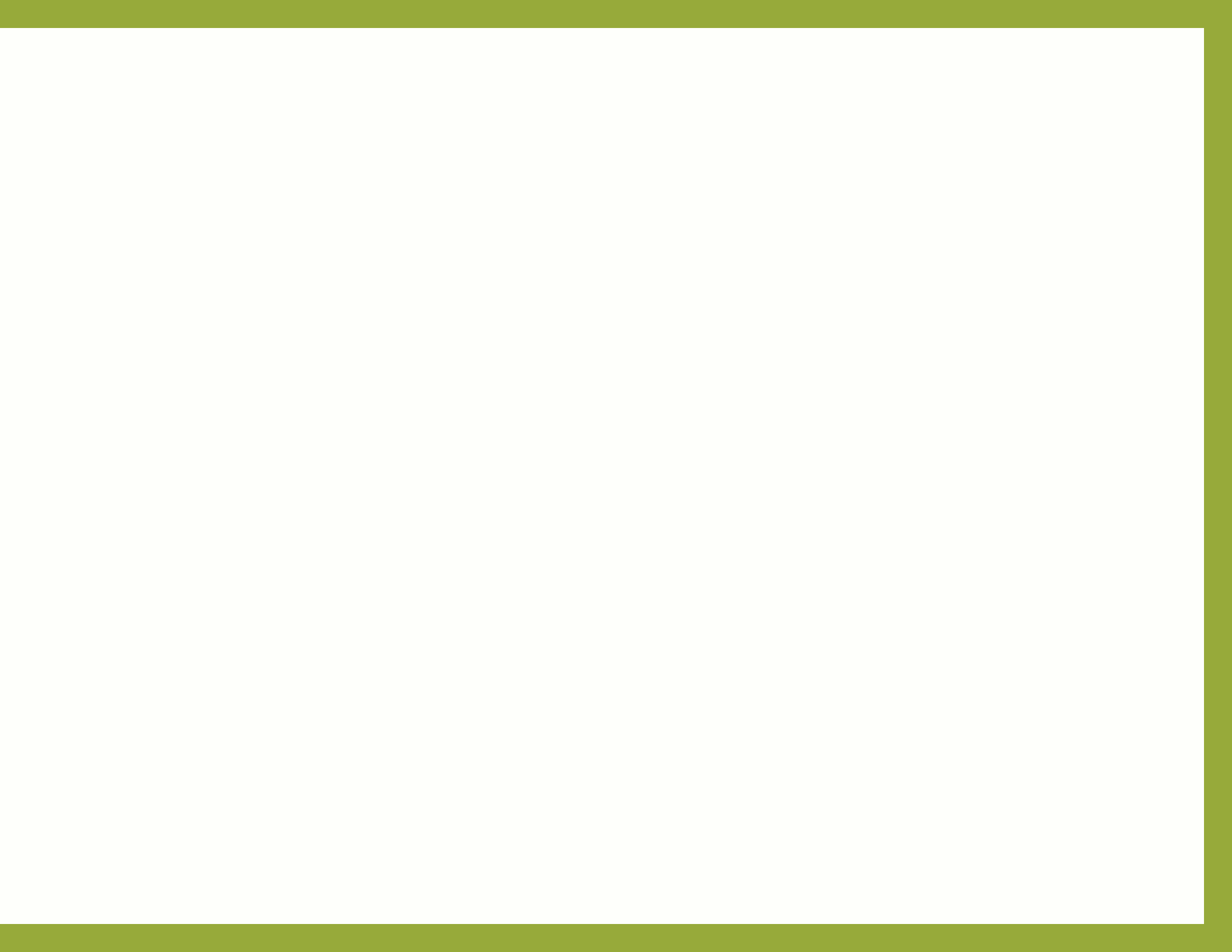


It's time to catheterize yourself.
Quickly go through the maze
and find your catheter. Be
careful, there may be traps.



Congratulations! Now you can catheterize yourself! You see, it wasn't so hard. You did a good job in your catheter book, so now I have a surprise for you. Uncover your surprise by connecting the dots.







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Diploma

_____ certifies that

(First and Last Name)

born on the _____ day of _____, _____
(month) (year)

has successfully completed the self-catheterization program.

In witness whereof, this certificate is issued in _____,

On the _____ day of _____, 20____.

Specialist's Signature

Student's Signature