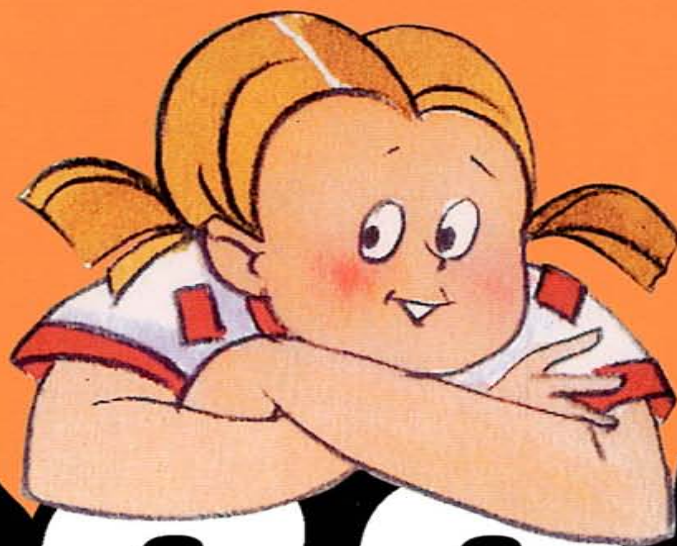
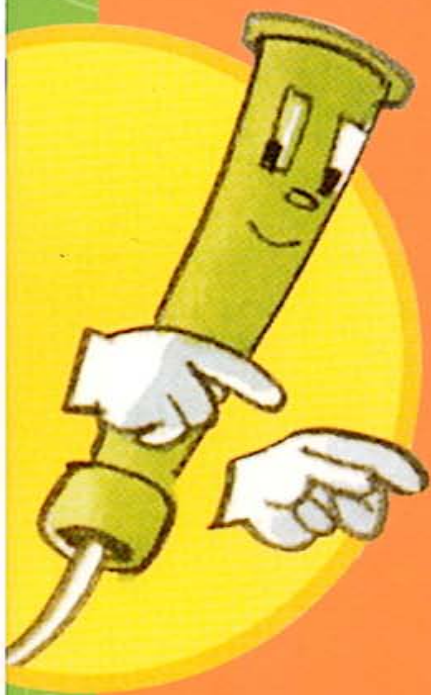


# ***My Catheter***



# **BOOK**



**Coloplast**

## 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 \_\_\_\_\_.

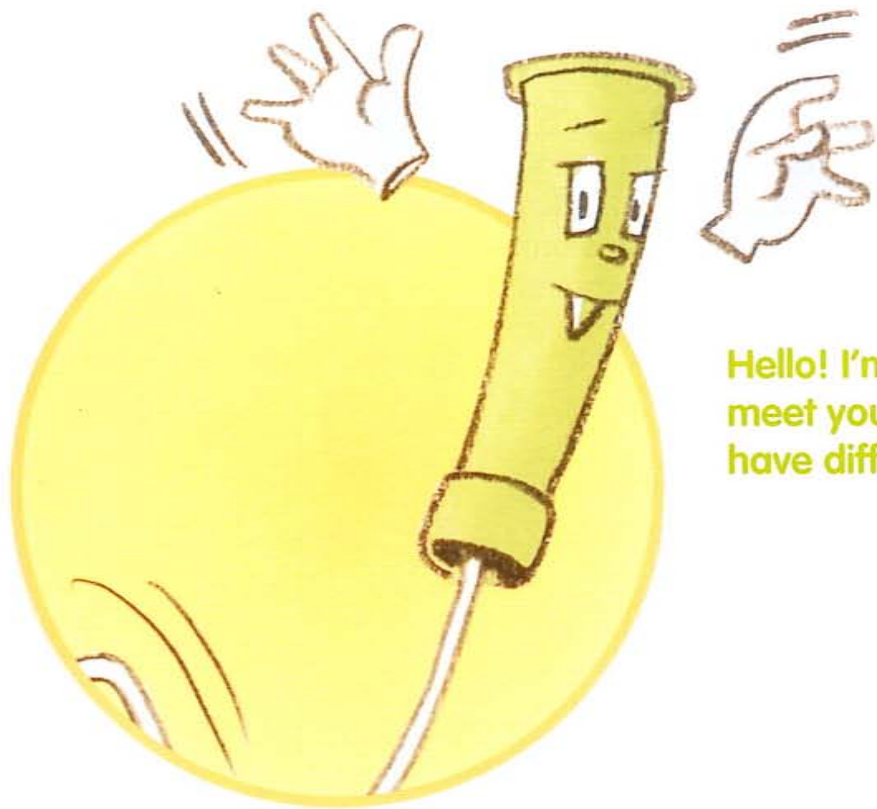
My telephone number is \_\_\_\_\_.

I have \_\_\_\_\_ brother(s) and \_\_\_\_\_ sister(s).

My doctor's name is \_\_\_\_\_.

My nurse's name is \_\_\_\_\_.

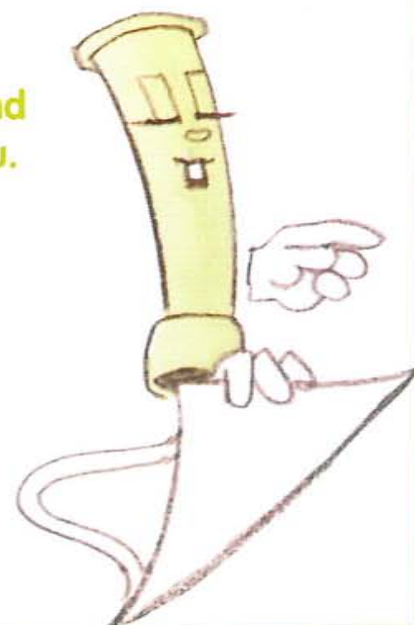




Hello! I'm a catheter, and I'm very pleased to meet you. I have a special job; I help kids who have difficulties when they urinate.

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

Let's go!

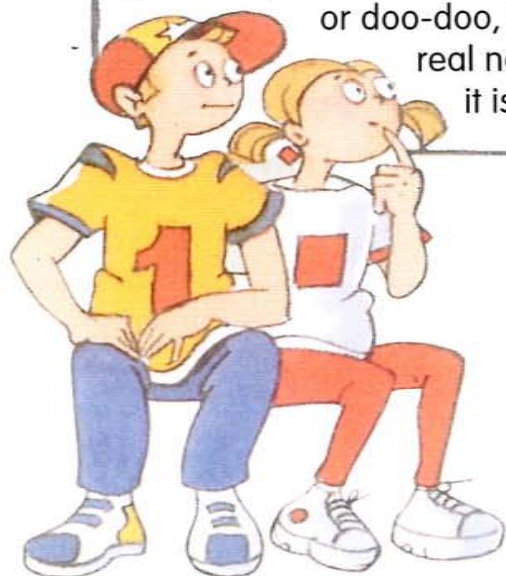




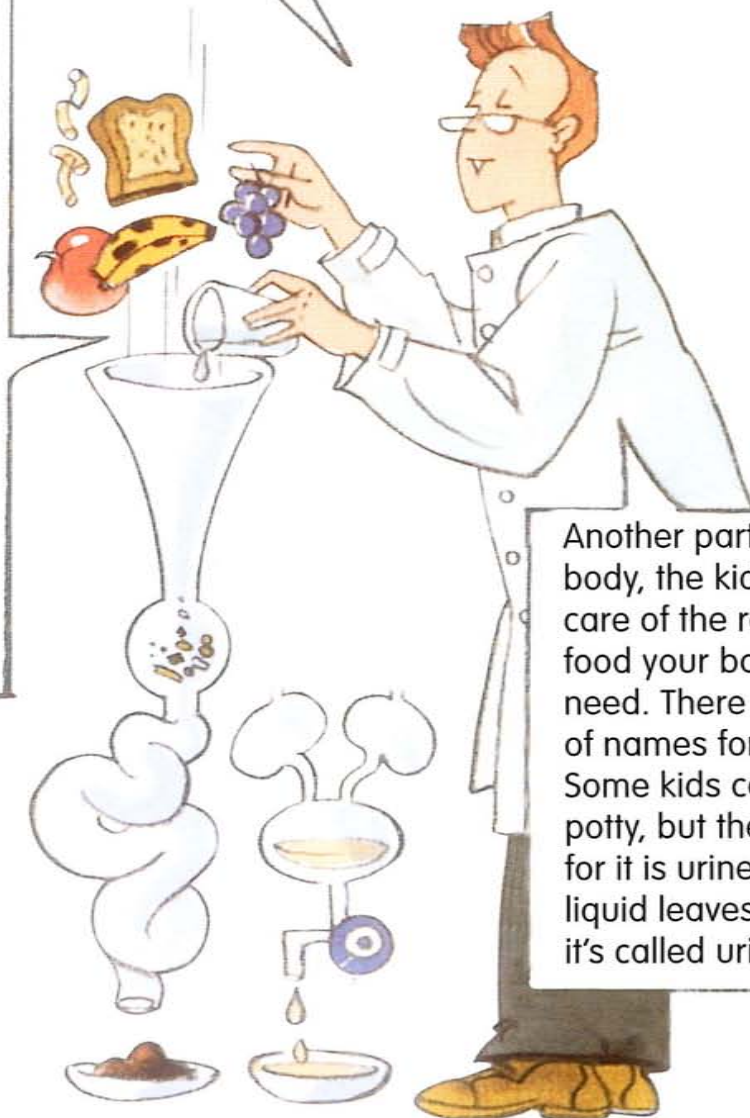


Let's start by finding out how your body works.

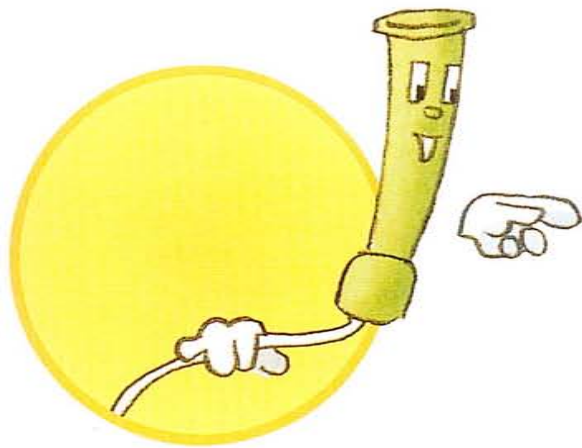
Everything gets mixed together in your stomach. Then the food moves into your intestines. The intestines take the good parts of the food that your body needs—like proteins, fats, sugars and vitamins—and sends it into your blood, where your body can use it for energy. The parts of the food that you don't 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.



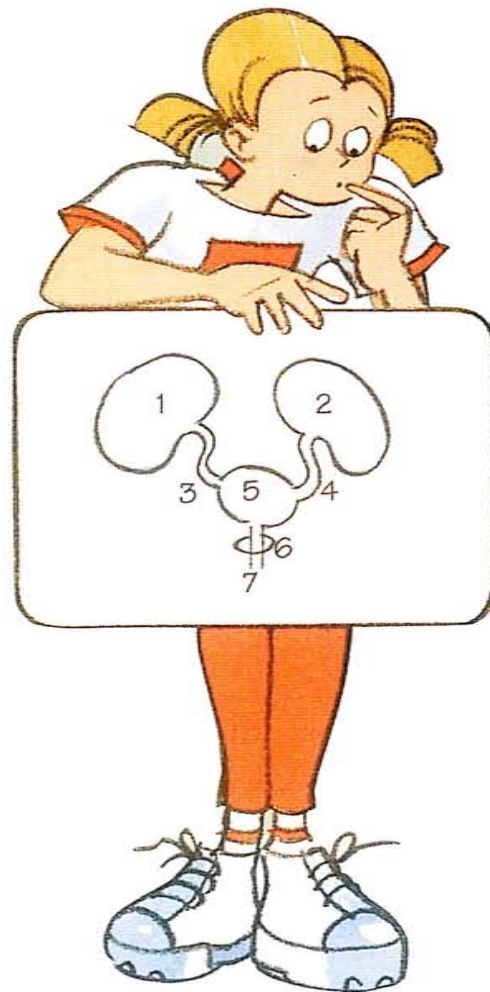
This is the food that you eat and drink. When you chew and swallow, the food goes down your throat and into your stomach.



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.**

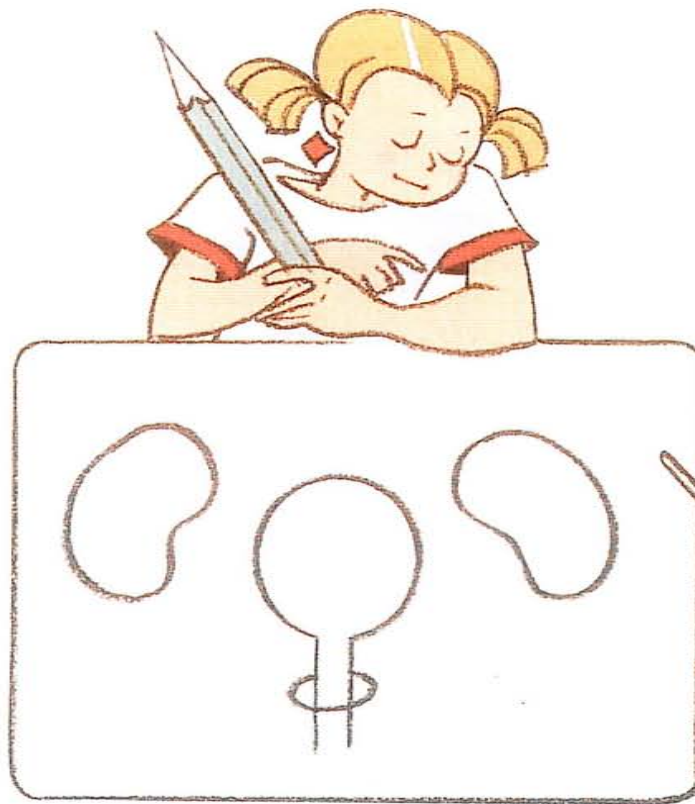


This picture shows the parts inside your body. Shapes #1 and #2 are the kidneys. The kidneys make urine. The urine flows into the two little tubes (#3 and #4), called ureters, which carry the urine into the bladder (#5).

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.

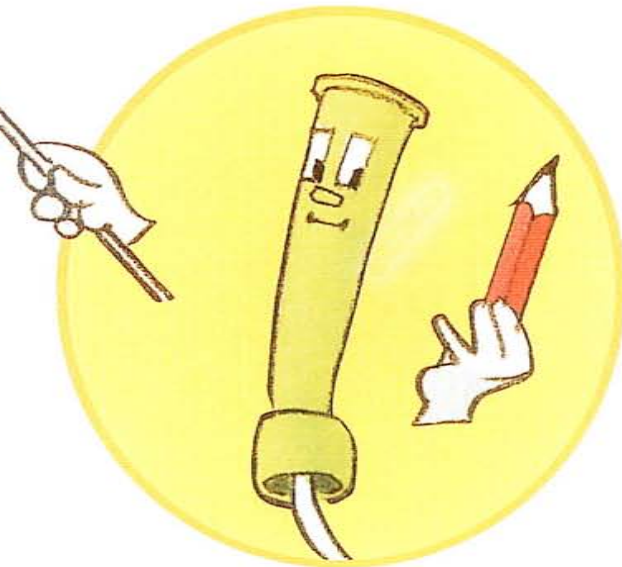
If your body needs help urinating, a catheter will go into the urethra to help the urine leave your body. This is called catheterization.

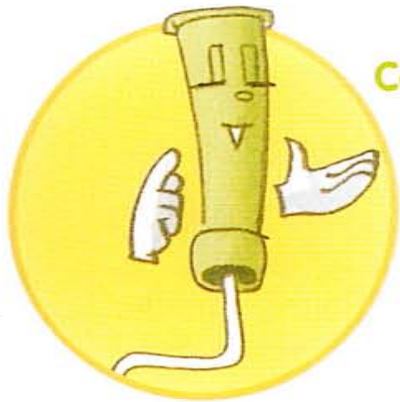




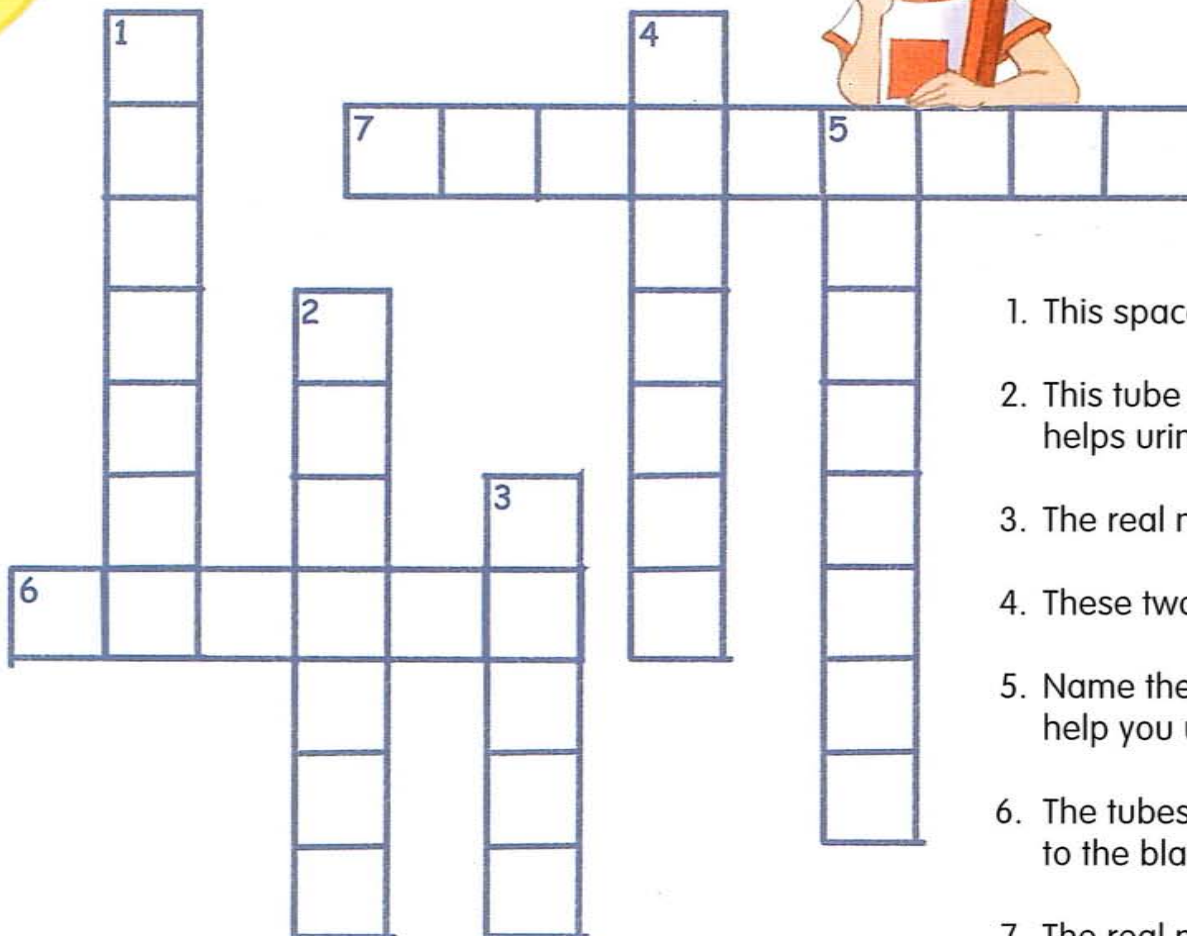
Here's something fun to do! You can finish the drawing. Put the numbers where they belong and draw any parts that are missing.

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





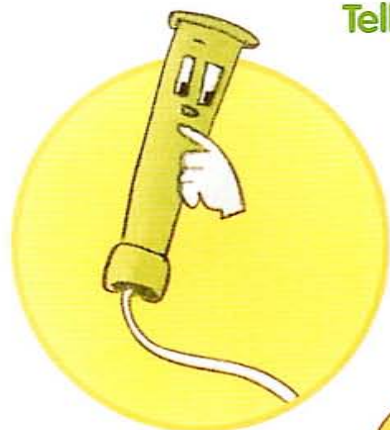
Can you put the right words in the crossword puzzle?



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. The real name of the faucet that lets urine out of the bladder.

Answers: 1. Bladder 2. Urethra 3. Urine 4. Kidneys 5. Catheter 6. Ureter 7. Sphincter

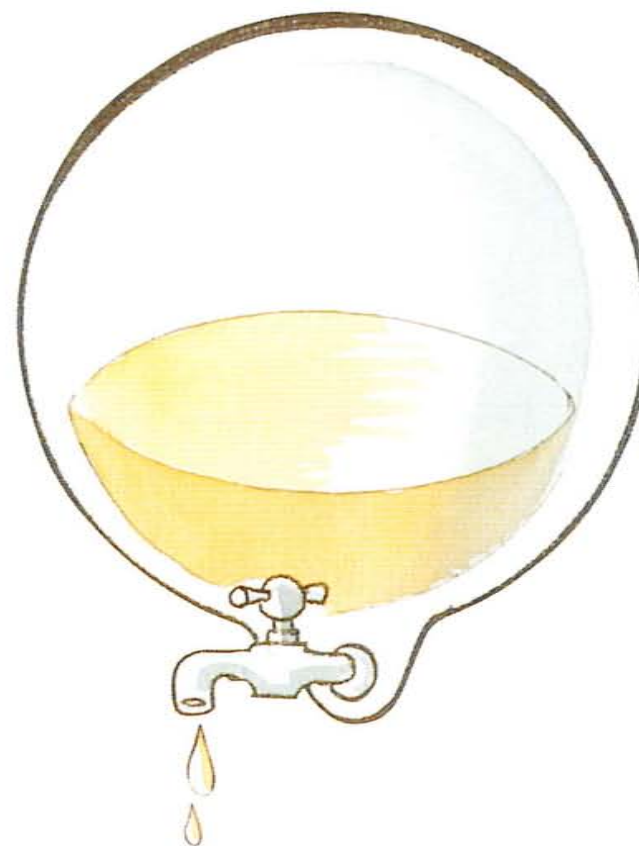
Tell me, what difficulties do you have?



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.

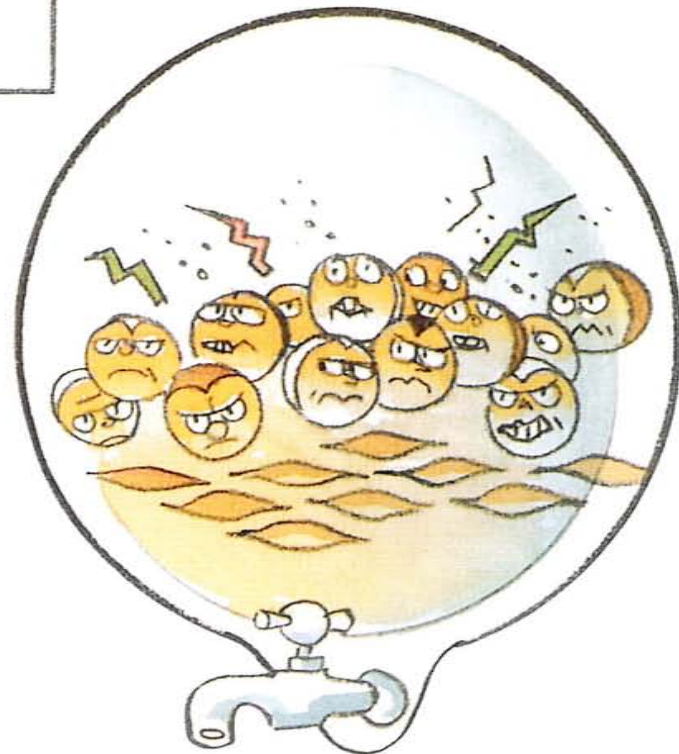




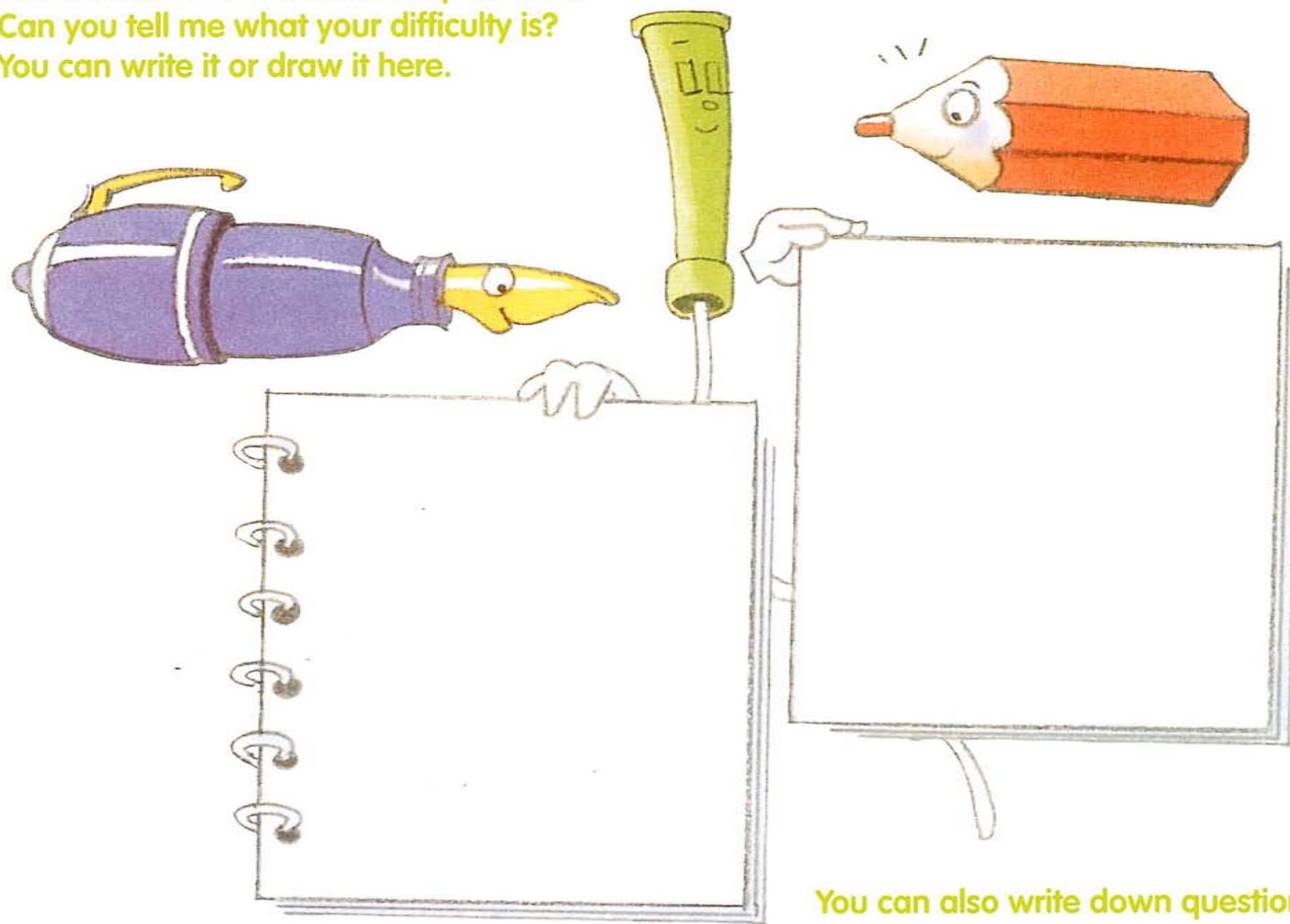


Sometimes when your bladder gets too full, your urine overflows and you can feel very uncomfortable.

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



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



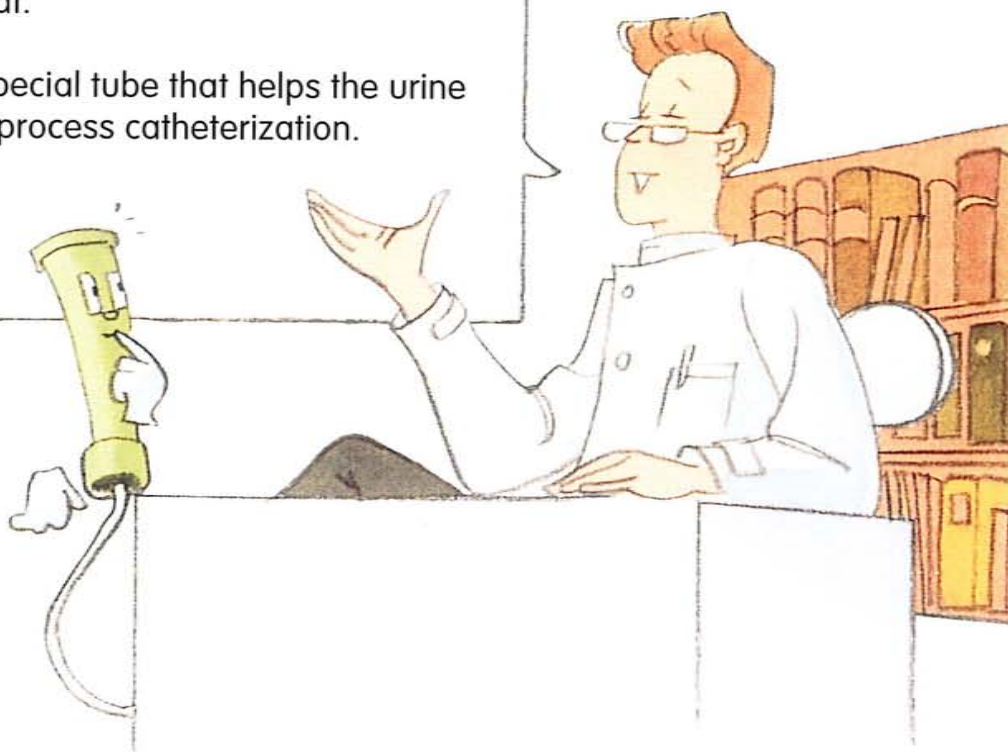
You can also write down questions  
you have for the doctor or nurse.



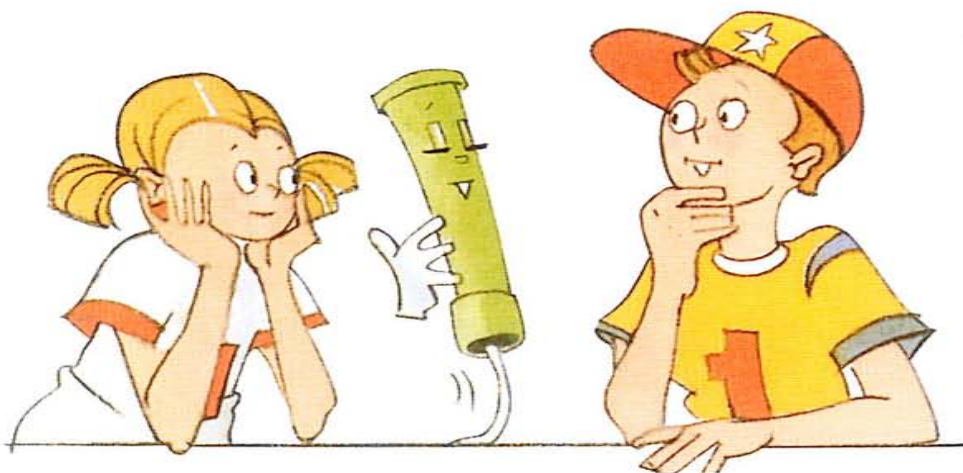
It looks like you'll have to go see the doctor. The doctor will examine you and tell you what's going on with your body.

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

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



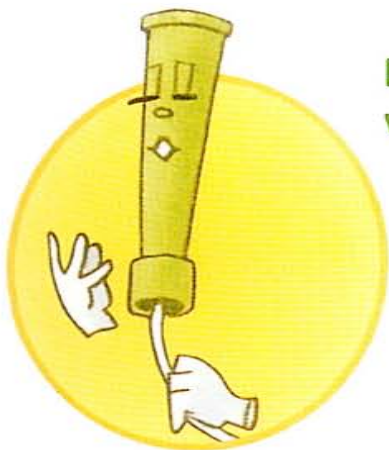




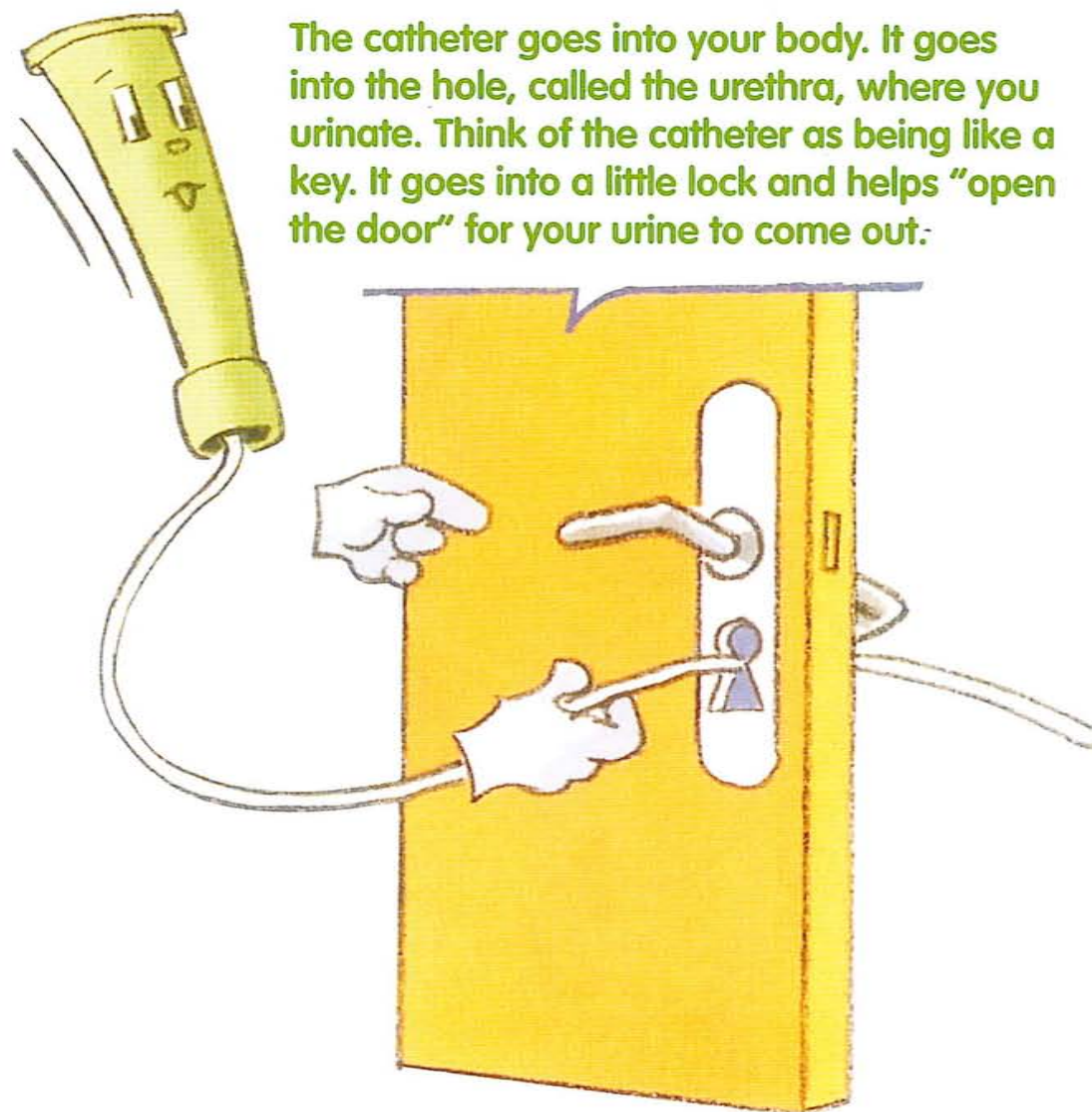
Before now, your mom or dad or another adult put the catheter in for you.

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

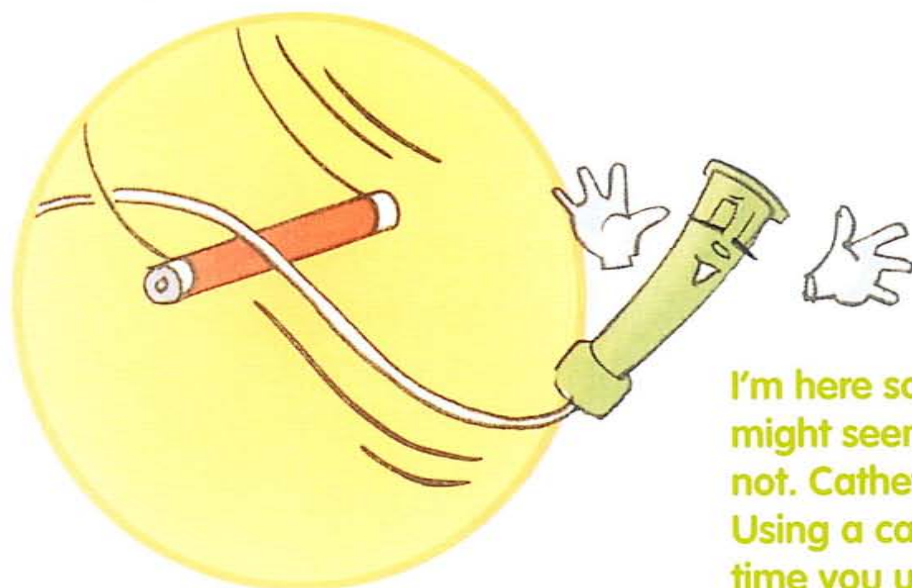




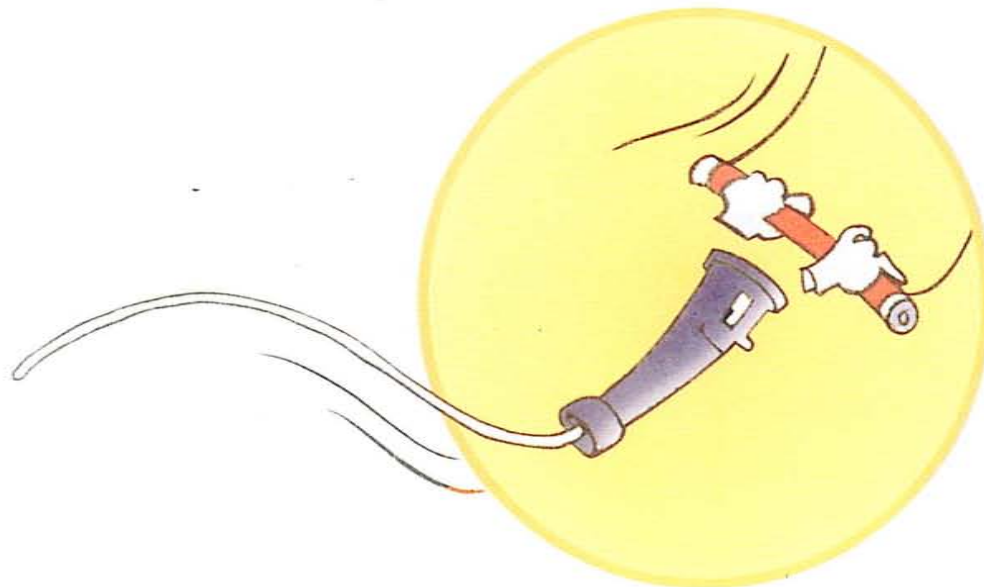
Let's talk about how you will use the catheter.



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. Catheters are flexible, like acrobats! Using a catheter becomes easier every time you use it.



Catheters like me come in many different sizes and types. Some catheters, like **SpeediCath™** from **Coloplast**, come pre-lubricated in water. Other catheters require you to add water or other types of lubrication. Your doctor will pick the size that's just right for you.



## Here's how to insert a catheter.



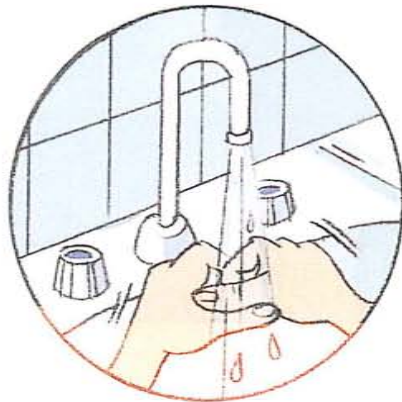
1

First, pull down your pants and underwear.



2

Wash the area where you urinate. 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.

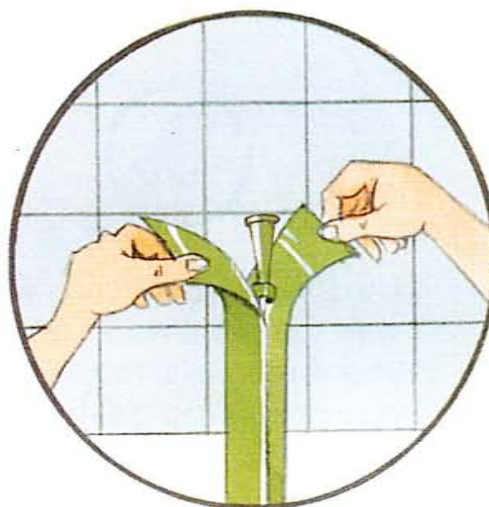
4

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.



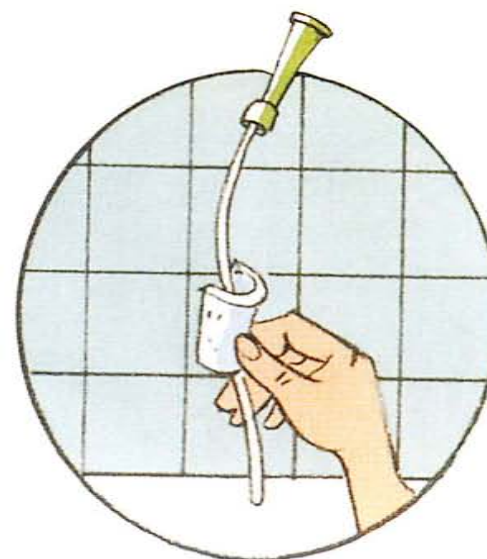
5

Open the package that contains 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.



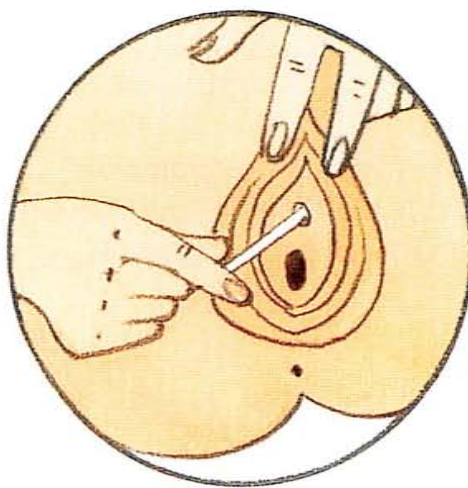
7

Use your other hand to find the hole where you urinate. It is the first opening below your belly. The easiest way to see everything is to use a hand mirror.



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 or other container.

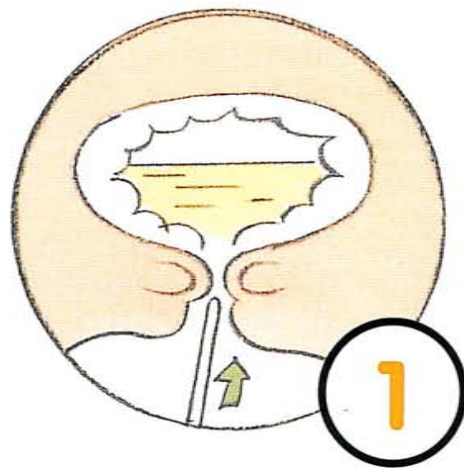




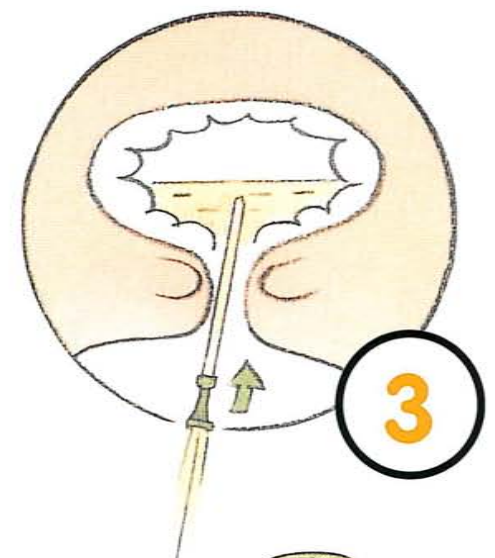
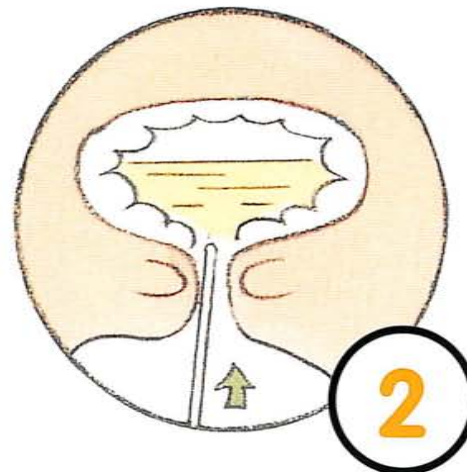


Let's look at where the catheter goes when it's inside your body.

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

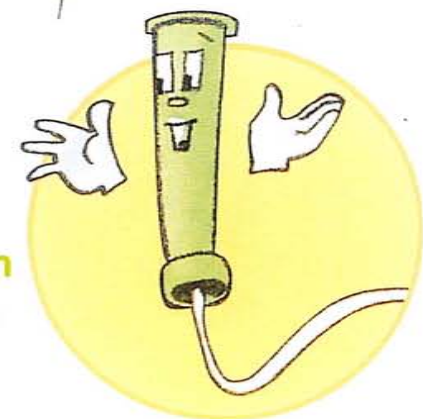


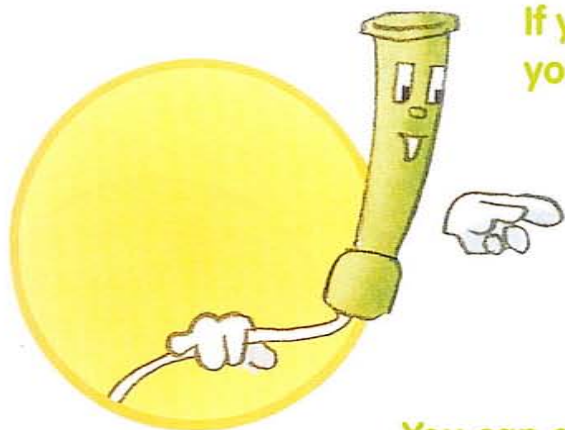
You can push the catheter a little bit further. (#2)  
When you see the first drop of urine, push the catheter in a little more, so that all the urine will come out of your bladder. (#3)



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

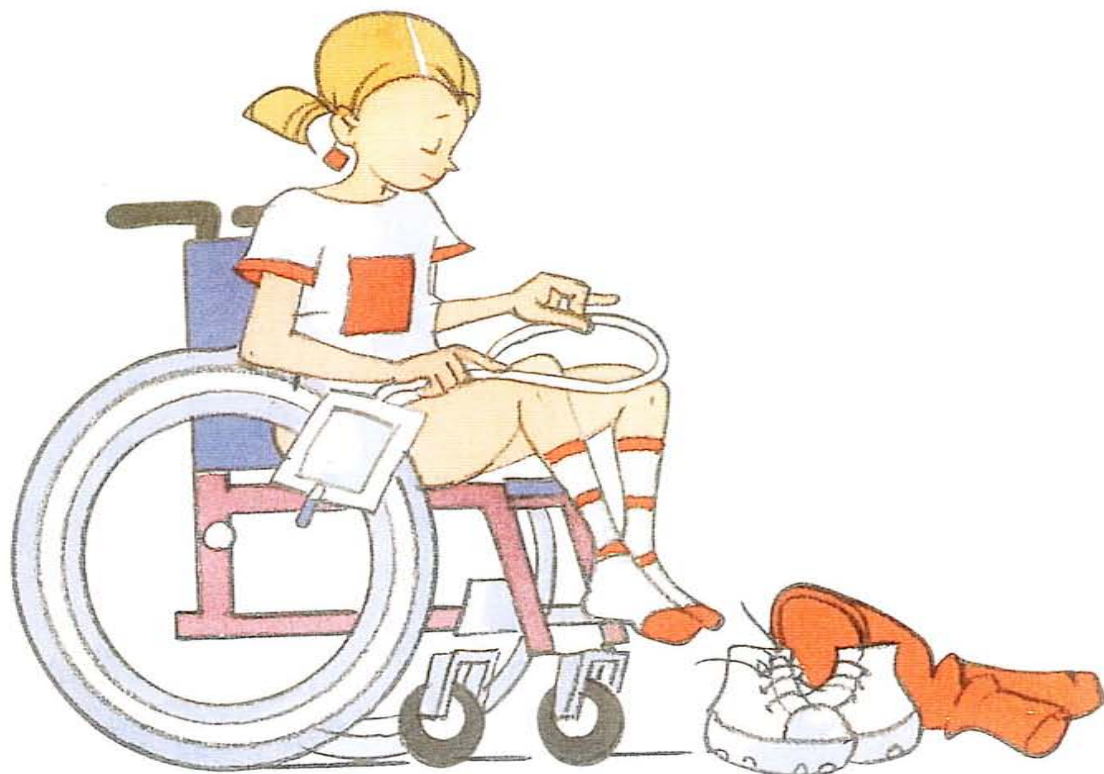
That's how catheterization works! And when you've done it lots of times, you'll find it's as easy as brushing your teeth.



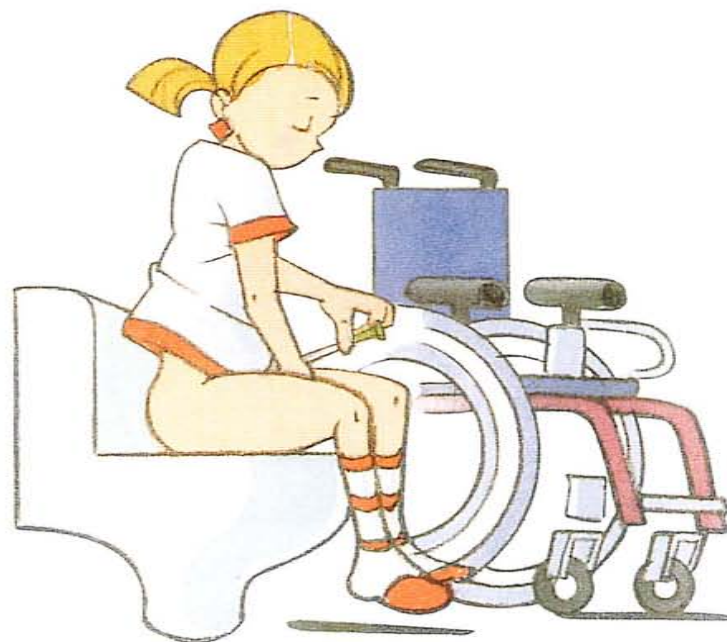


If you aren't able to stand up when you urinate...

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



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

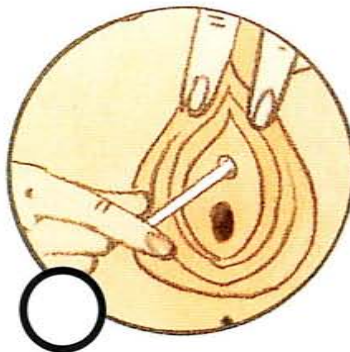




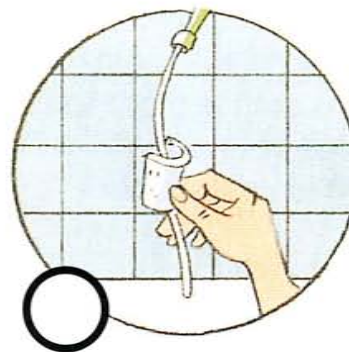
This page is all mixed up! Can you put the catheterization steps in the right order? Put number 1 in the box for the first step, number 2 for the second and so on until you number all the steps.



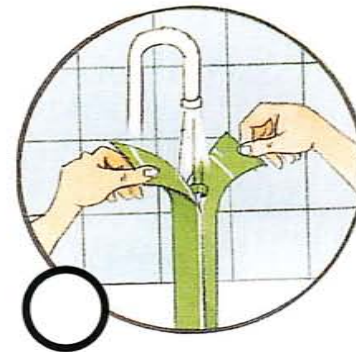
Shut off the faucet.



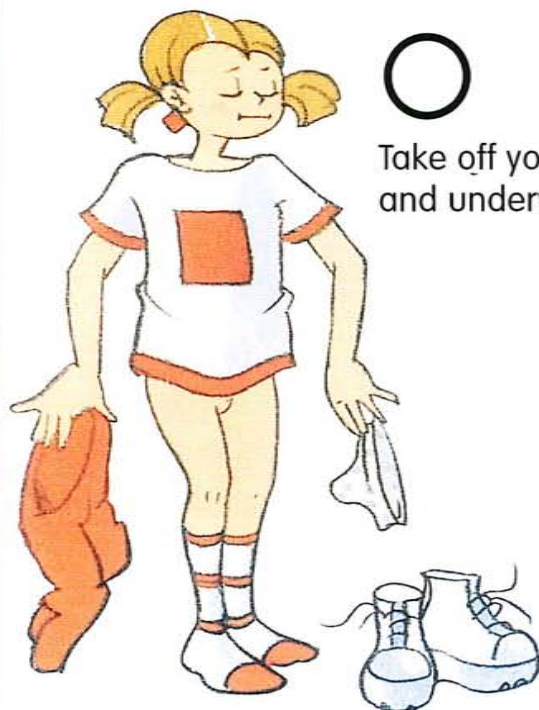
Find the hole where you urinate.



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



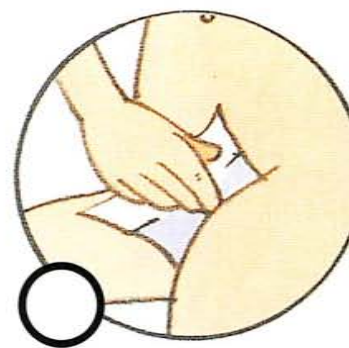
Open the catheter package.



Take off your pants and underwear.



Push in the catheter.



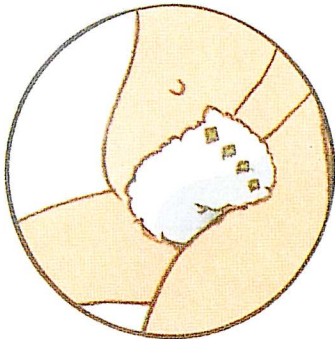
Wash the area where you urinate.



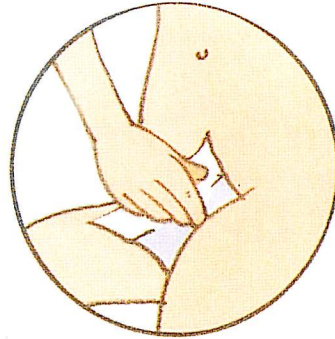
Wash your hands.



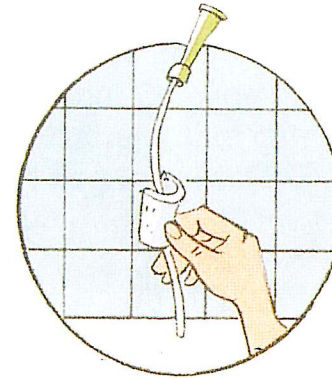
Draw a blue circle around the things that are okay to do.  
Put a red X on the things you shouldn't do.



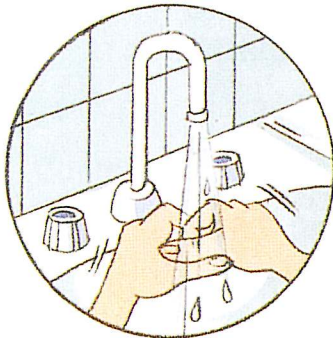
Wash the area  
where you urinate.



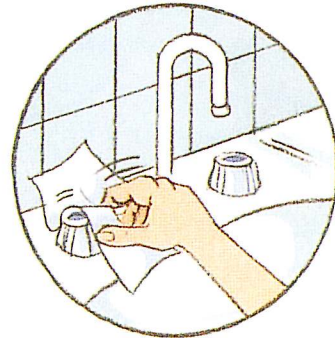
Wash the area where  
you urinate with a  
wet washcloth or  
towelette



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.

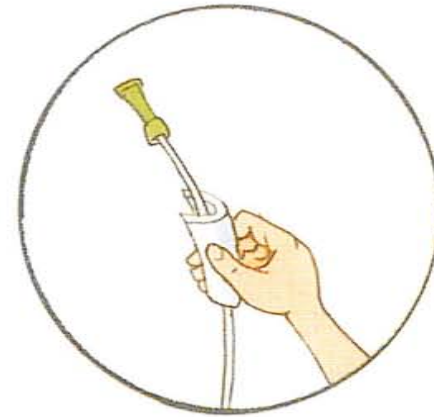


Shut off the faucet with  
your bare hands.

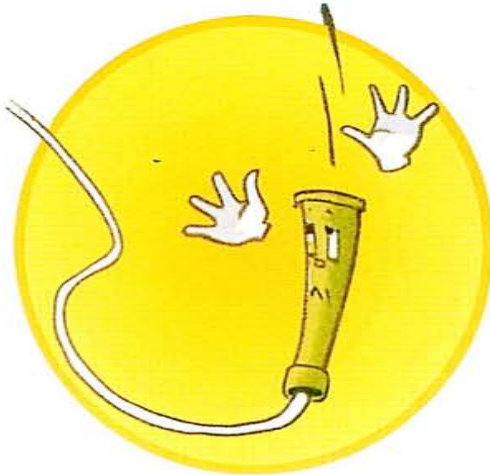
Here are some important things to know.



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.



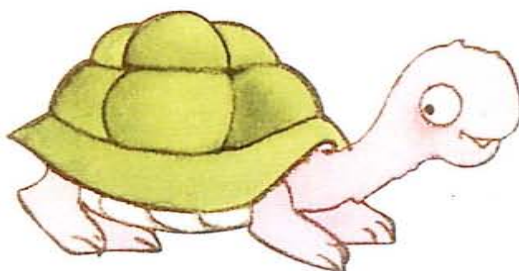
If it takes too long to urinate, that means the catheter you are using is too small. Tell your doctor if this happens.

**See? Using a catheter is easy; it's 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.**

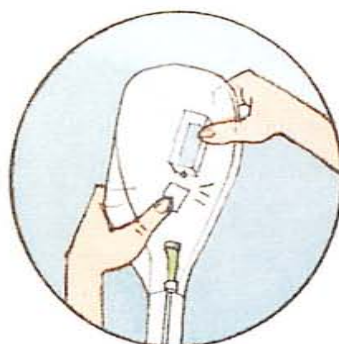
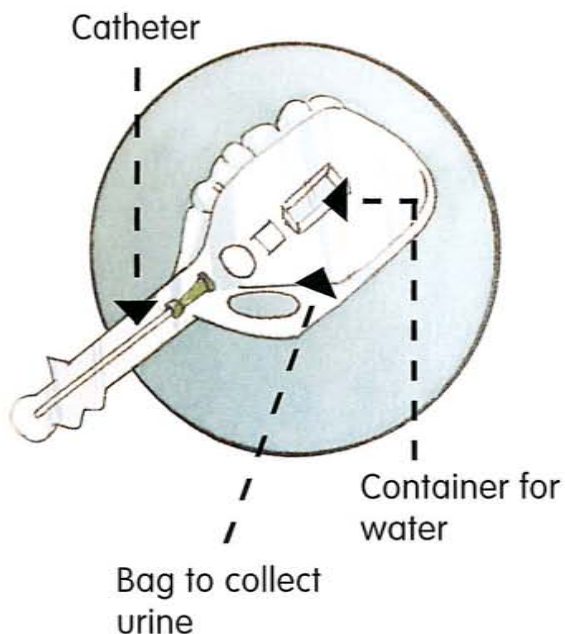




Now I'd like to introduce you to a special friend...



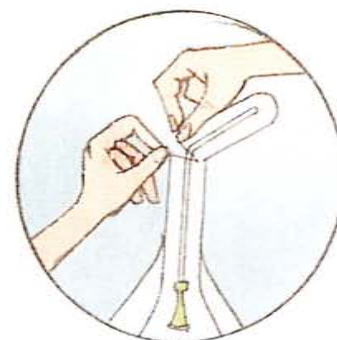
Caroline is like a turtle. You know how a turtle carries its house on its back? That's what Caroline does; she is a catheter that carries a plastic bag to collect the urine.



Snap off the end of the container.



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

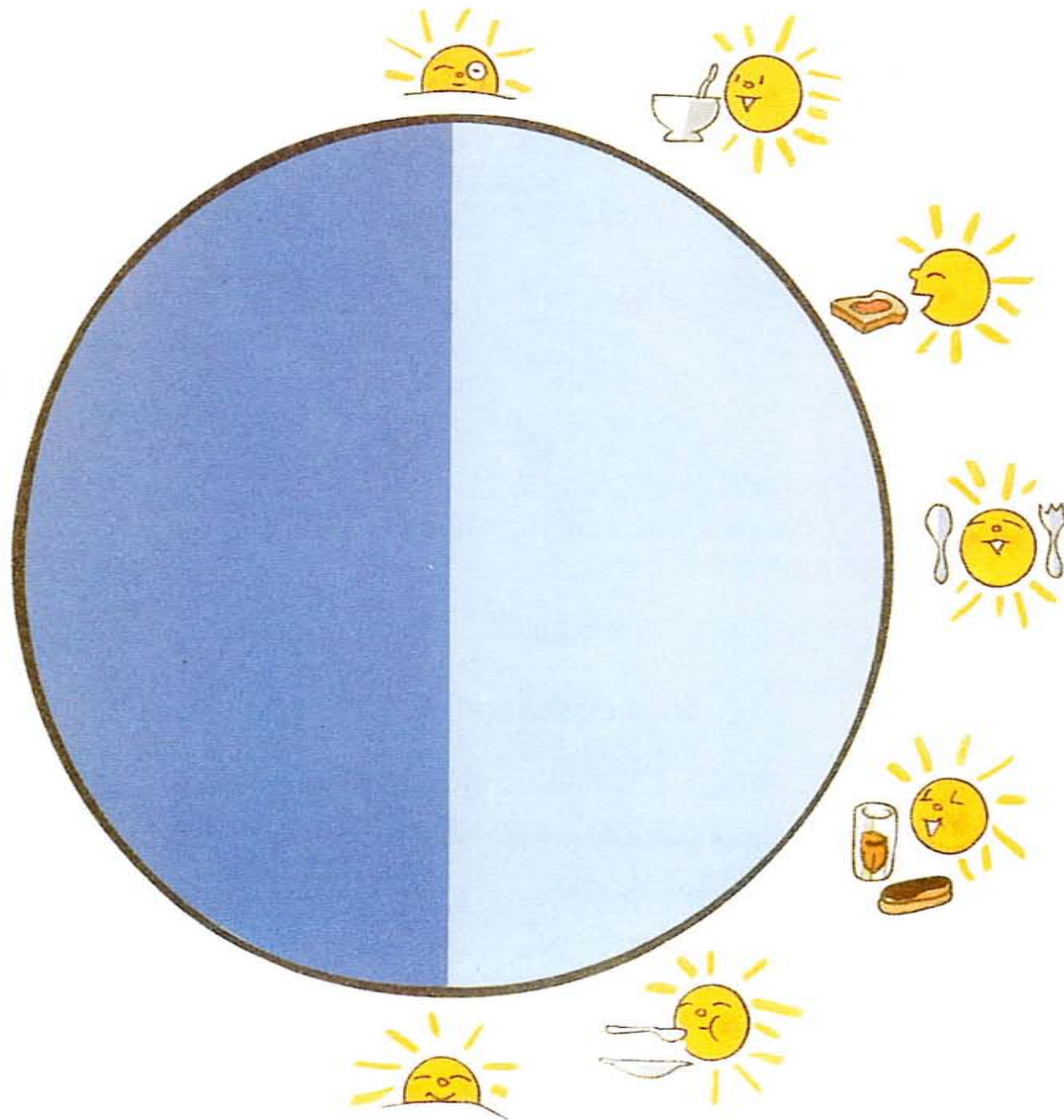


Open the little end of the bag to let the catheter out.

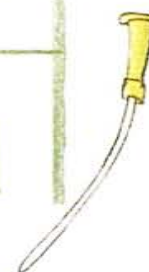
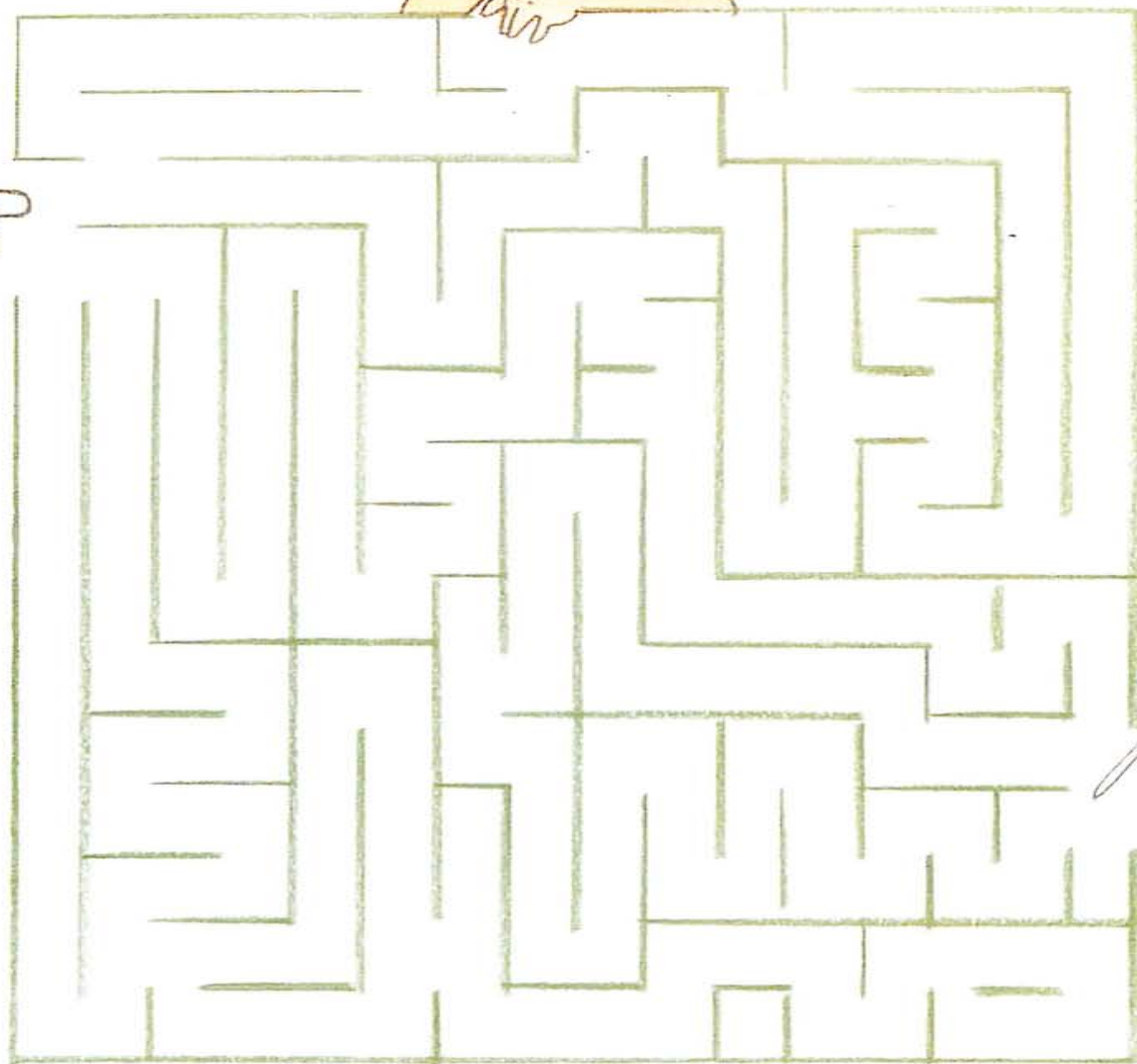
Some catheters, like the SureCath Set™ from Coloplast, are packaged with sterile water. Other catheters require you to add water or other types of lubrication. Your doctor will pick the type and size that's just right for you. Always use Caroline when there is no sink or bathroom around. You'll be able to catheterize easily.



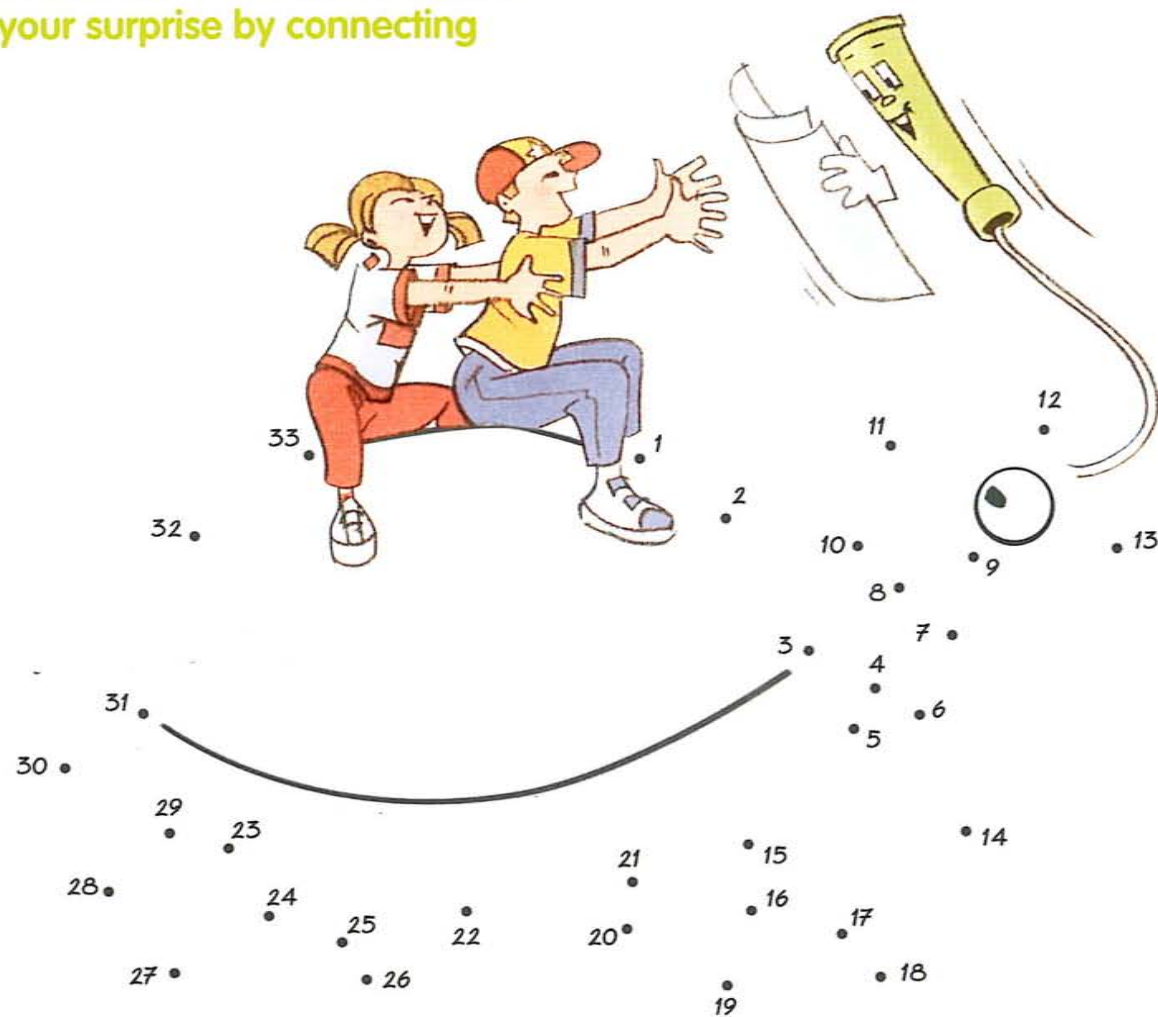
A cartoon illustration of a yellow syringe with a smiling face. A white hand is pointing at the needle tip. The background is a yellow circle.



It's time to catheterize yourself.  
Quickly go through the maze  
and find your catheter.

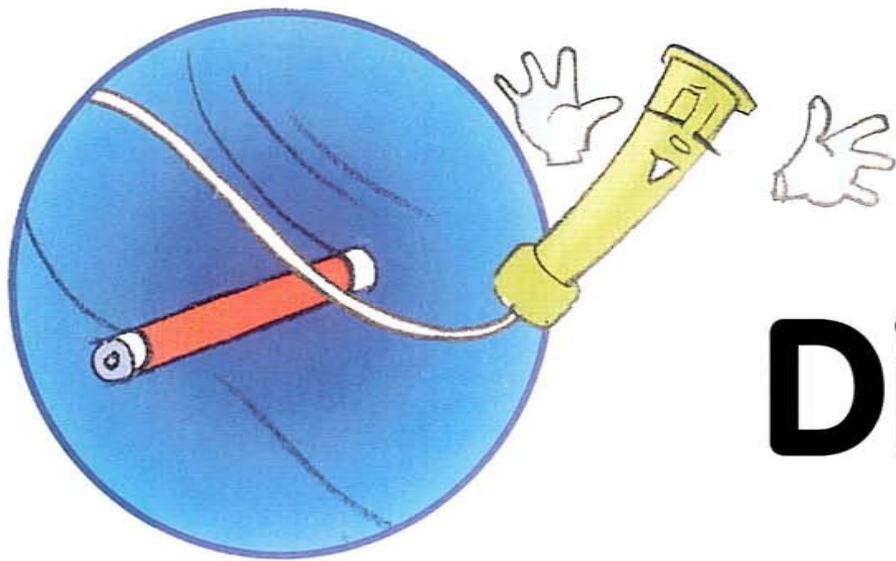


Congratulations! You've learned how to use a catheter and now you can catheterize yourself! You see, it wasn't so hard. You did a good job in your catheter book, so now I have a surprise for you. Uncover your surprise by connecting the dots.









# 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



**Coloplast**

\_\_\_\_\_  
Student's Signature



©Coloplast Corp. 2004  
Coloplast Corp.  
1955 West Oak Circle  
Marietta, GA 30062  
Toll-free 800-788-0293  
[www.us.coloplast.com](http://www.us.coloplast.com)

Thanks to:

Jennifer Pedro, RN  
Hal C. Scherz, MD, FACS, FAAP  
Georgia Urology, PA  
Atlanta, GA

Jackie Adcock, LVN  
Our Children's House at Baylor  
Dallas, TX

Carla Garwood, RN  
University of Michigan Pediatric Urology  
Ann Arbor, MI

Suzanne Fortuna, RN  
Rainbow Children's and Baby Hospital, Myelo Clinic  
Cleveland, OH

Michelle Sheel, MS, RN, APN, C  
Gregory E. Dean, MD  
Michael G. Packer, MD  
Mark R. Zaontz, MD  
Urology for Children, LLC  
Voorhees, NJ

Gina M. Fortunato, MS, CCLS  
John P. Gearhart, MD  
The John Hopkins Hospital  
Baltimore, MD

Dr. Besson – Hospital Services Expert in Pediatric Surgery and Orthopedic Services at the Heanne de Frandre Hospital in Lille, France.

Dr. Forin – Head of Pediatric Functional Re-Education and Urodynamics Unit at the Armand Trousseau Children's Hospital – Paris.

Mrs. Benoît – Nurse of the Pediatric Functional Re-Education and Urodynamics Unit at the Armand Trousseau Children's Hospital – Paris.

SpeediCath™ and SureCath™ are trademarks of Coloplast A/S, DK 3050 Humlebæk, Denmark. Printed in USA September 2004. © 09/04. All rights reserved Coloplast A/S. DK 3050 Humlebæk, Denmark.