

EMMA CAN CATH!



STORY



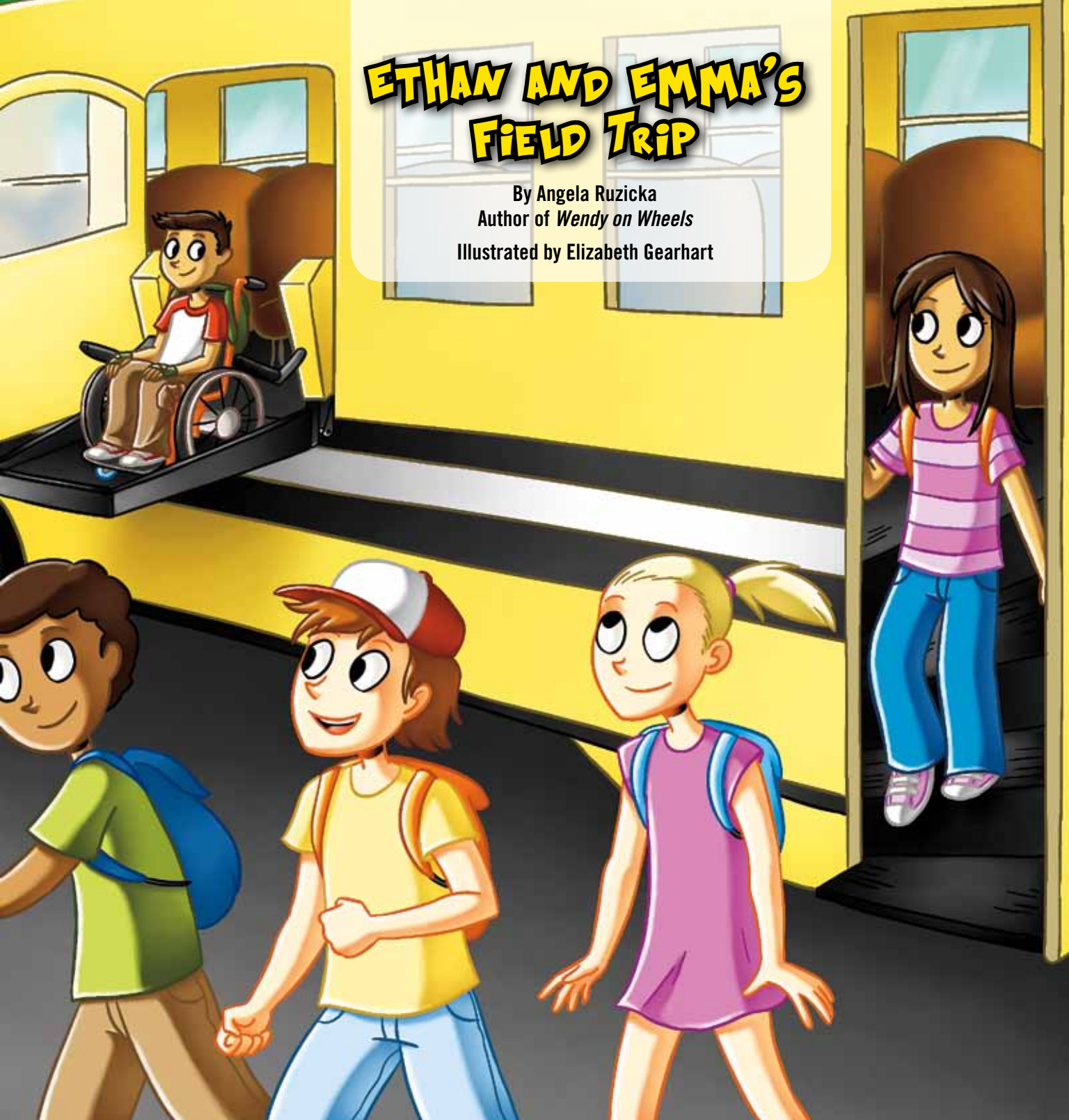
ACTIVITIES



HOW-TO INSTRUCTIONS FOR GIRLS

ETHAN AND EMMA'S FIELD TRIP

By Angela Ruzicka
Author of *Wendy on Wheels*
Illustrated by Elizabeth Gearhart



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, while Emma ate at a different table with her friends.



After lunch, the class went in to 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.



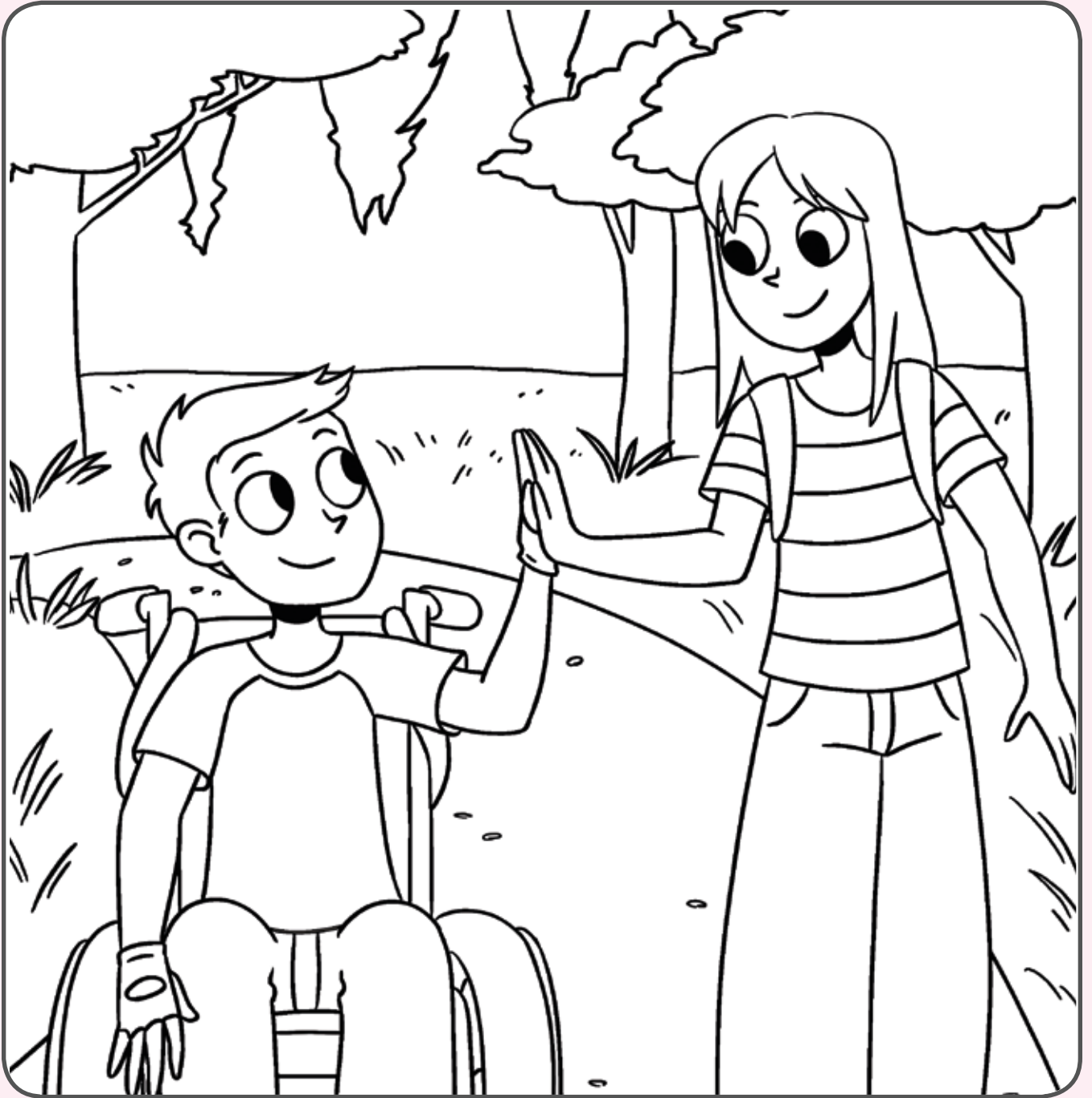
It was time to go home. Ethan and Emma felt so proud of themselves. They had attended their first field trip without the help of their mom and dad. They had a great day!



ACTiViTY PAGE

Find five things wrong in this picture.

COLORING PAGE



PARENT'S GUIDE

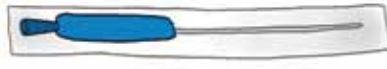
TYPES OF CATHETERS

Closed System



- ✓ Pre-lubricated
- ✓ Self-contained
- ✓ Attached collection bag
- ✓ Introducer tip allows catheter to bypass the highest concentrations of bacteria, significantly reducing the risk of infection

Hydrophilic



- ✓ Coated with a hydrophilic polymer
- ✓ Excellent gliding properties
- ✓ Up to 95% lower friction (reduces trauma to urethra)
- ✓ More comfortable insertion
- ✓ Also available in closed systems

Straight



- ✓ Straight, flexible tube
- ✓ Original technology

CATHETER BASICS

Size: Catheters are sized by French size. The French size refers to the diameter of the catheter.

Length: There are three different lengths available for catheters: male, female, and pediatric. Most male catheters are 16 inches long, and female catheters range from 6-8 inches in length. Pediatric catheters typically range from 6-12 inches in length.

Tip: Catheters can have a straight tip or a coudé tip. Coudé catheters have a curved tip.

IS MY CHILD READY TO SELF-CATHETERIZE? By Louisa Salvin, RN

Certain physical and mental abilities are required in order to successfully learn to do self-catheterization. Try these different activities to determine if your child may be ready to learn:

- Hold a pencil with a pincer grasp and do up and down strokes.
- Thread a shoelace.
- With eyes closed, feel a hole and place a peg in it.
- With your child watching you, place three objects in a bag. Do something else for a few minutes. Then have the child tell you what's in the bag and in what order the objects were placed in the bag.

PARENT'S GUIDE

FAQs

HOW OFTEN SHOULD MY CHILD CATHETERIZE?

Every 3-6 hours, on average. Always follow instructions given by your health care provider.

HOW DO I KNOW WHEN MY CHILD NEEDS TO CATHETERIZE?

Your health care provider will give you a schedule that you should follow. If your child is feeling restless, sweating, has chills or a headache, looks flushed or pale, has cold extremities, or looks bloated, it may be a sign that she needs to catheterize.

WHERE CAN MY CHILD CATHETERIZE?

It can be done anywhere there is privacy.

WHAT IS THE DIFFERENCE IN SIZES OF CATHETERS?

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

WHAT DO I DO IF I CAN'T INSERT CATHETER?

Have your child relax by taking a few deep breaths or trying to cough to relax the sphincter muscle, then try again.

WHAT IF MY CHILD FORGETS TO CATHETERIZE?

Catheterize as soon as they're able to do so. Try to follow the catheterization schedule that your health care provider gives you as closely as possible.

When to call a health care professional:

- Pain or discomfort while cathing
- Nausea or vomiting
- Fever
- Urgency or frequency of urination
- Urine is cloudy or has a foul odor
- Absence of urine for 6-8 hours while on catheterization schedule
- Blood in urine
- Inability to insert catheter

ADDITIONAL RESOURCES

180 MEDICAL SELF-CATHETERIZATION DVD

This DVD includes instructional videos on how to use urinary catheters and will educate you about different types of catheters such as closed system catheters, hydrophilic catheters, straight catheters, and pediatric catheters. You can also hear 180 Medical's Founder & CEO, Todd Brown, tell his story on being a catheter user.



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.

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.



TIP:

Betadine swabsticks or benzalkonium wipes work well, too!



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 insertion tip.



INSERT

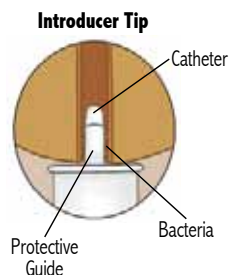
- 6 Find the urethra with your finger. Guide the insertion tip into the urethra.
- 7 With your left hand on the plastic guide, use your right hand to grasp the catheter through the bag about an inch below the guide, and then advance the catheter into the urethra with slow and steady movements. If you have trouble inserting, relax and take a deep breath then try again. Do not force.
- 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 discarding into a toilet.

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. Studies show using a catheter with an introducer tip reduces the risk of urinary tract infections.



THROW AWAY & WASH HANDS

- 10 Throw the catheter away and wash your hands.



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 Hydrophilic catheters have a little packet that makes the catheter slippery. It is either in the package or in a foil packet. If the catheter has a packet, you need to burst the packet to 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 is done getting slippery.

Peel open the package to remove catheter.



INSERT

- 5 Insert the catheter slowly into your urethra. If you have trouble inserting, relax and take a deep breath then try again. Do not force.
- 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.



HOW TO USE A STRAIGHT 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.



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 your urethra. If you have trouble inserting, relax and take a deep breath then try again. Do not force.
- 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.

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.

THROW AWAY & WASH HANDS

- 8 Throw the catheter away and wash your hands.



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.

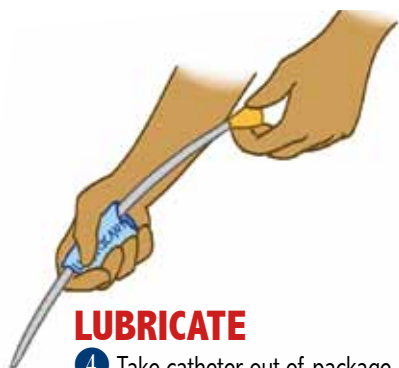
WASH

- 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.

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



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.



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.

THROW AWAY & WASH HANDS

- 8 Throw the catheter away and wash your hands.



180 MEDICAL

JOIN THE 180 MEDICAL KIDS CLUB

FREE

The 180 Medical Kids Club was created to ease the fears of families like yours that have been told their child needs to catheterize. We'll help you adjust to this new way of life with free catheter consultations and one-of-a-kind educational materials. These will teach you and your child how to use catheters correctly to reduce the occurrence of infections.

By joining the 180 Medical Kids Club, your child receives an exclusive bag full of self-catheterization resources and a newsletter full of fun activities, information on special contests, and much more!



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

My CATHING DiARY

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