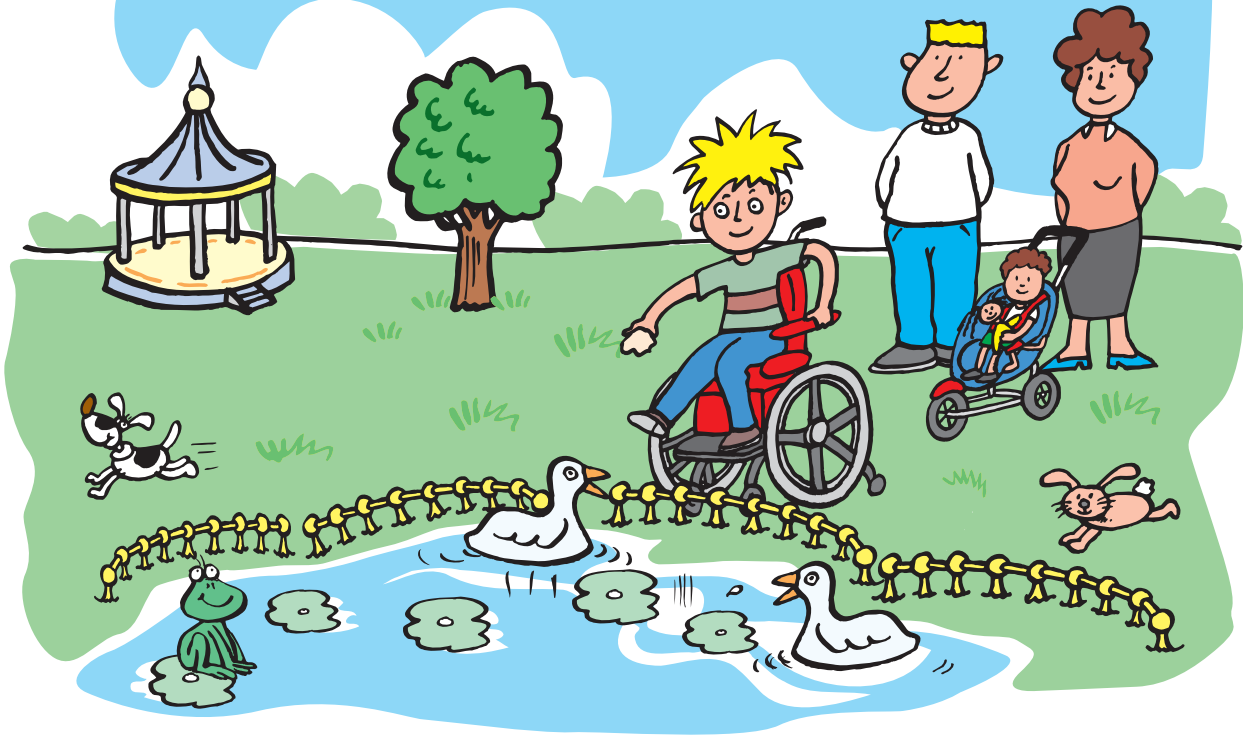


# Russell

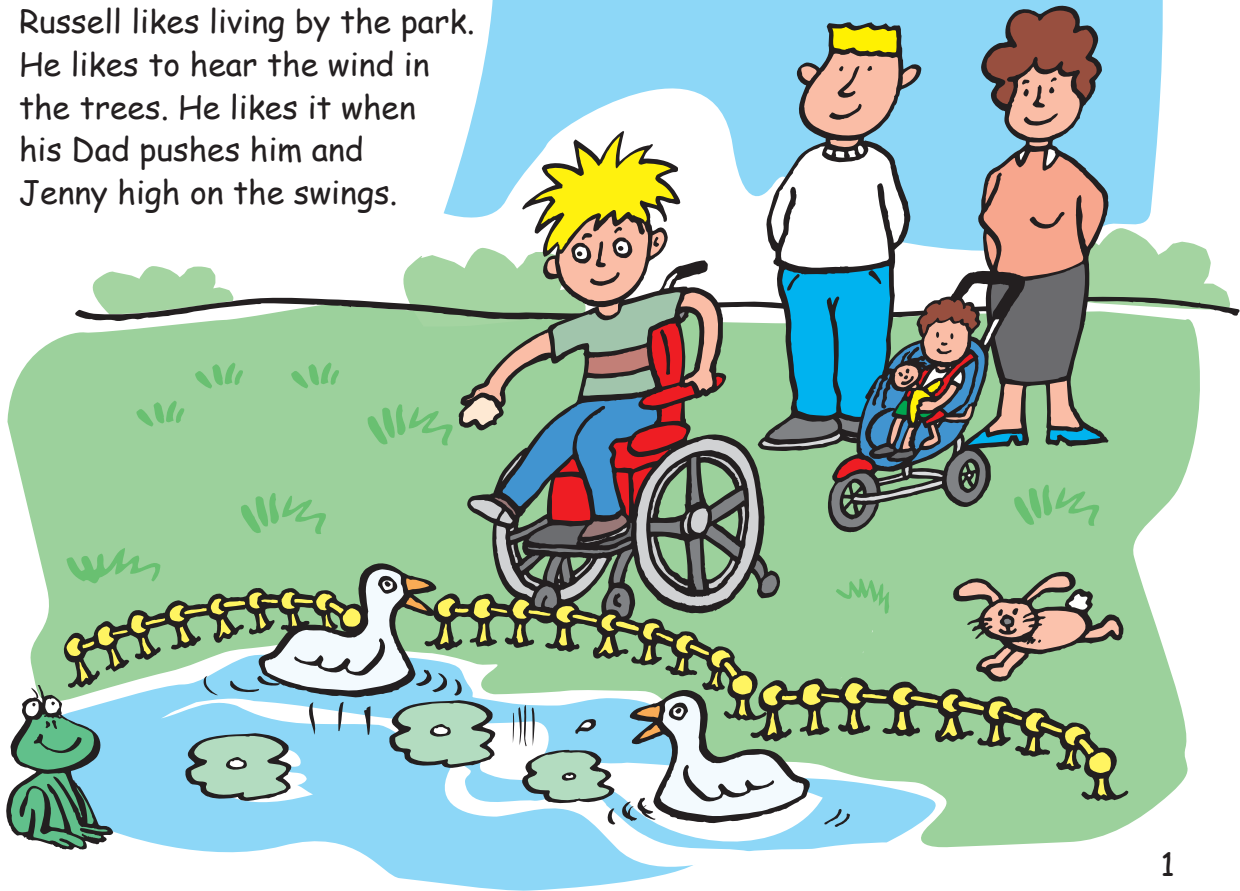
## Goes to Camp

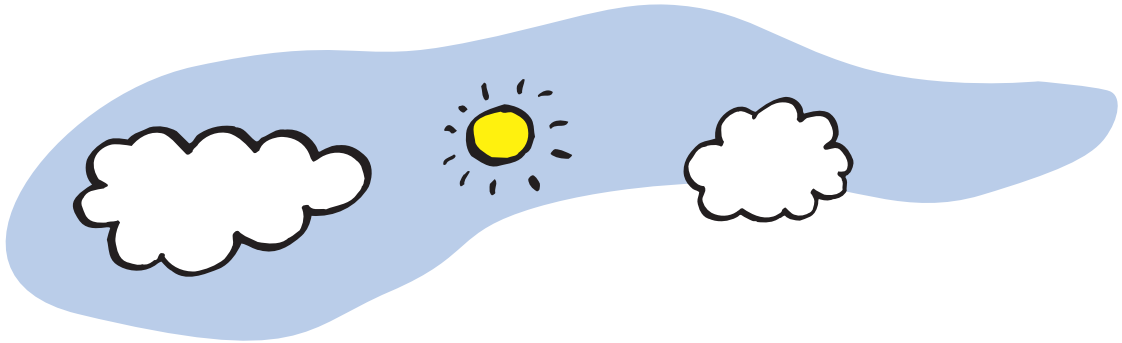






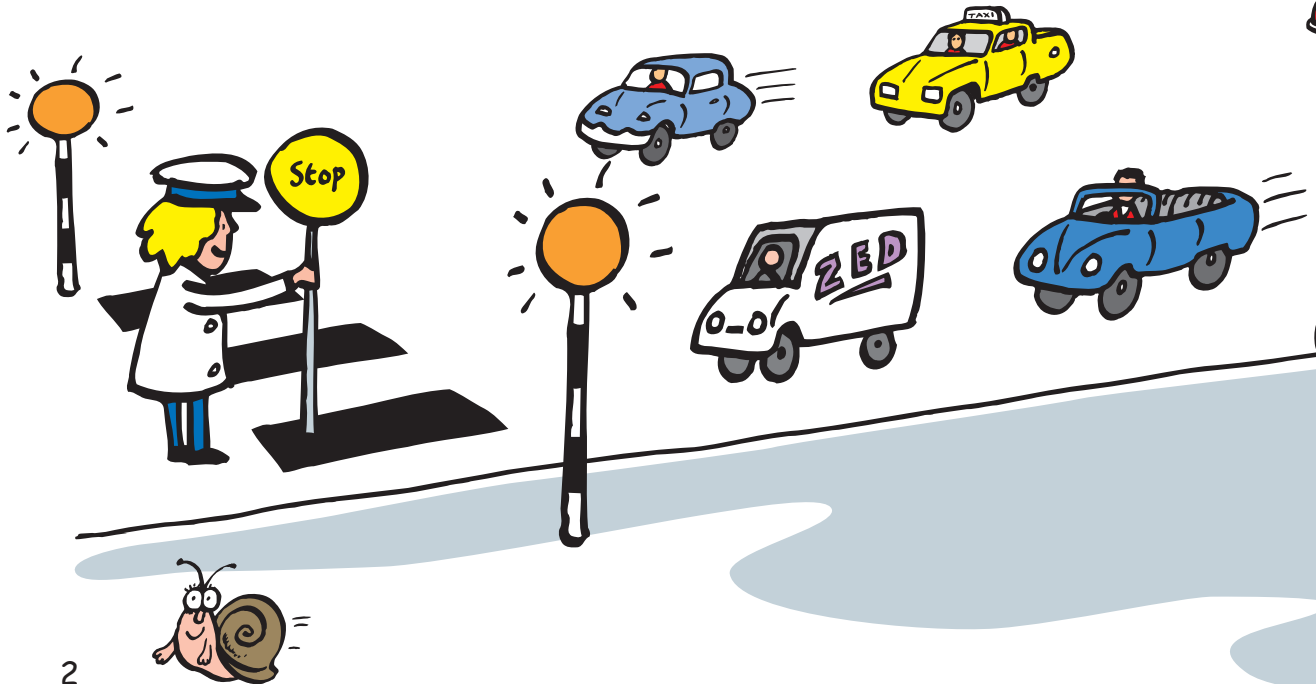
This is Russell. He lives with his Mom and Dad and little sister Jenny near the park. Russell likes living by the park. He likes to hear the wind in the trees. He likes it when his Dad pushes him and Jenny high on the swings.





He likes it when the whole family goes on bike rides.

Best of all, he likes to race his Mom and Jenny when they go to school in the mornings.

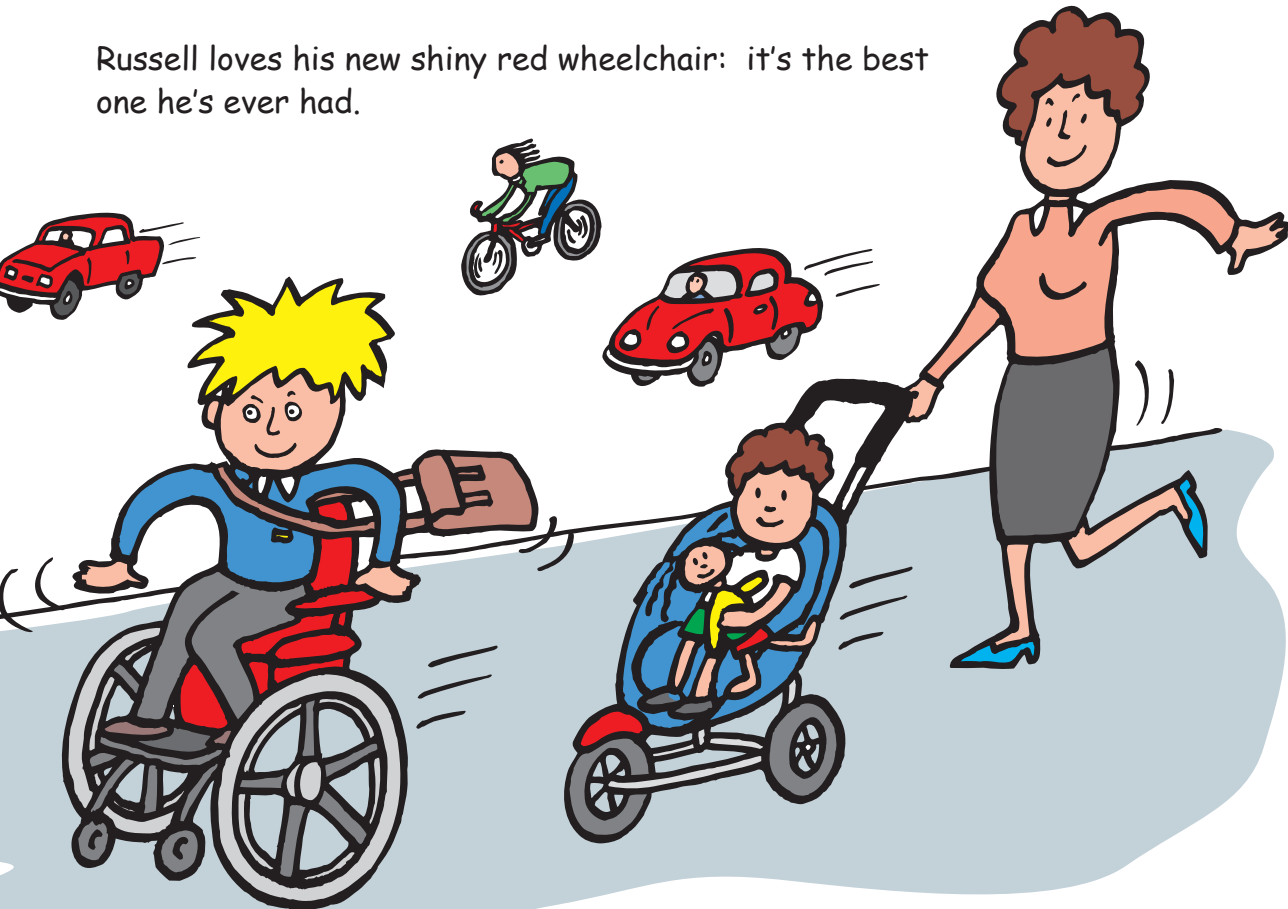


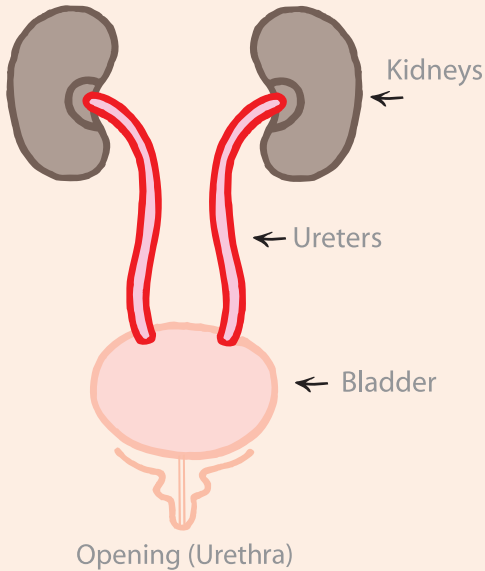
Russell has learned to go fast in his wheelchair.  
"Watch me" he shouts as he goes past the ducks  
on the pond.



Bounce, bounce goes Jenny in her stroller. "Slow down"  
calls his Mom, "we're almost there".

Russell loves his new shiny red wheelchair: it's the best  
one he's ever had.

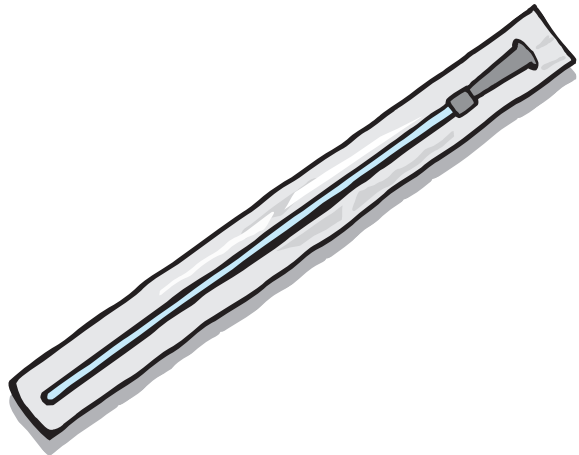




Everyone has kidneys, ureters, a bladder and a urethra. The bladder is like a balloon because it stores urine. When the bladder becomes full it has to be emptied to make room for the body to make more urine.

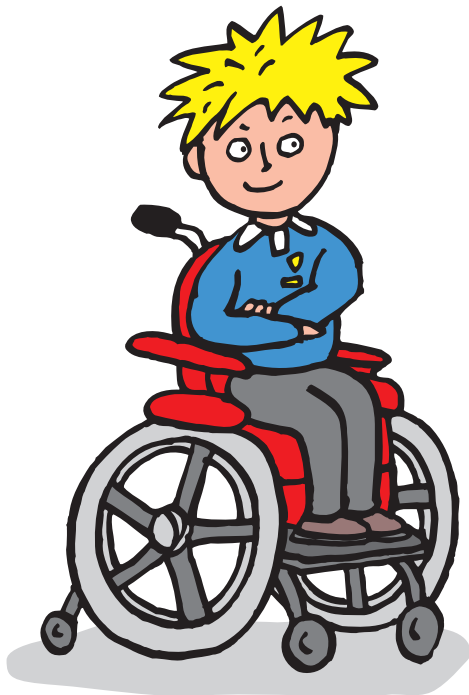
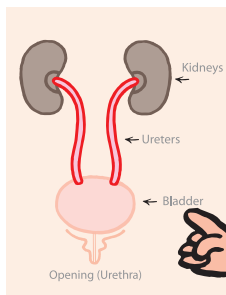
Russell needs a wheelchair to get around because he has spina bifida. Having spina bifida means that Russell's legs function differently so he cannot walk and run like many of his friends.

His bladder functions differently too. This means Russell needs to use a special tube called a catheter to empty his bladder.



A nurse at the hospital showed Russell how to use his catheter. Sometimes his Mom or Dad help him do it, and sometimes he can do it all by himself. This makes him feel quite grown up.

Russell has to use his catheter 4 times a day. Some people do it more times, and some people do it less often. Occasionally when he is busy playing he forgets and his Mom has to remind him.



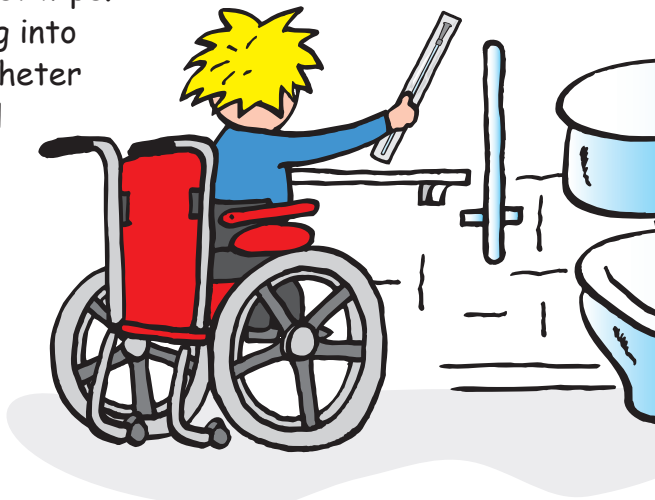


Some catheters are ready to use and do not need additional water or gel. Other catheters need gel or water so the catheter slides into the urethra more easily.

When Russell needs to empty his bladder, he goes into the bathroom and washes his hands, then unwraps the catheter. Russell then moves himself out of his wheelchair and onto the toilet just like his physical therapist showed him. He has handrails on the wall to make this easier for him.

Russell cleans his urethra with a wet wipe. This helps stop germs from getting into his bladder. He then takes the catheter out of the packaging, being careful that the catheter doesn't touch the sink or toilet.

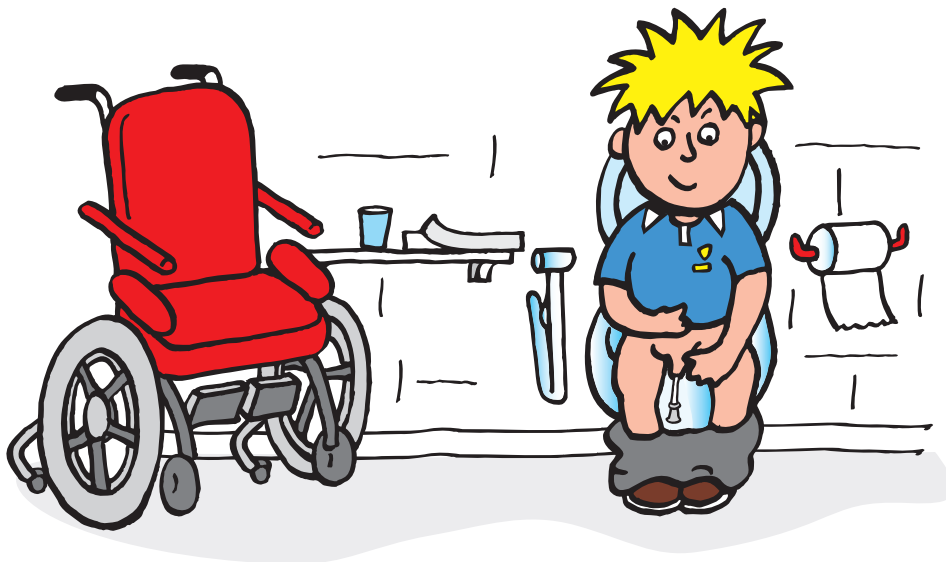
He holds the catheter carefully, puts the tip into the end of his penis and slides the catheter into his bladder until the urine starts to come out.





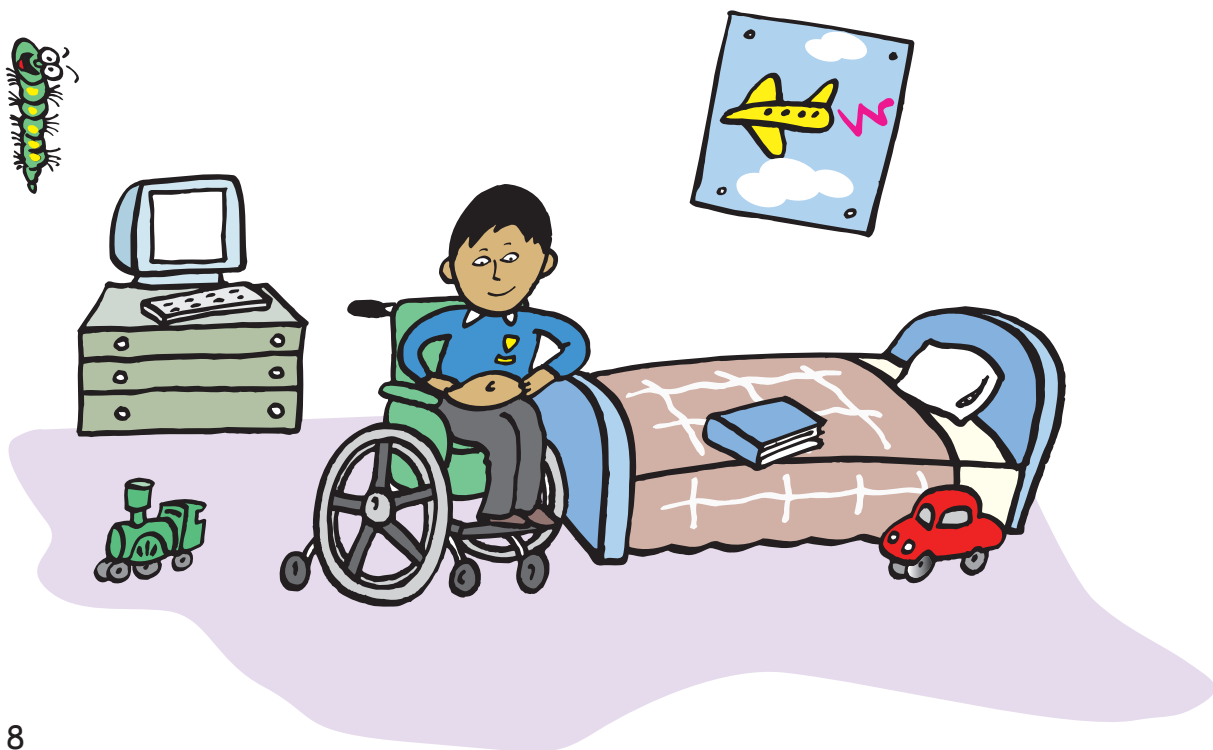
When the urine stops, he pulls the catheter out a little bit. His Mom reminds him there might be some urine left in his bladder, and he must wait until it all stops before he takes out his catheter.

Russell gently removes the catheter. Then he moves back into his wheelchair, washes his hands again and goes out to play with his friends. Using his catheter has only taken him a couple of minutes - they hardly missed him at all!



Russell has a friend Mike. Mike has spina bifida too and uses a catheter to urinate, but in a different way. Mike had an operation called a Mitrofanoff. The nice doctor at the hospital (called a urologist) thought this would work better for Mike.

Mike doesn't put his catheter into his penis. He has a little opening (called a stoma) in his belly button, which has a tunnel to his bladder. Mike puts his catheter into this tunnel when he needs to empty his bladder.

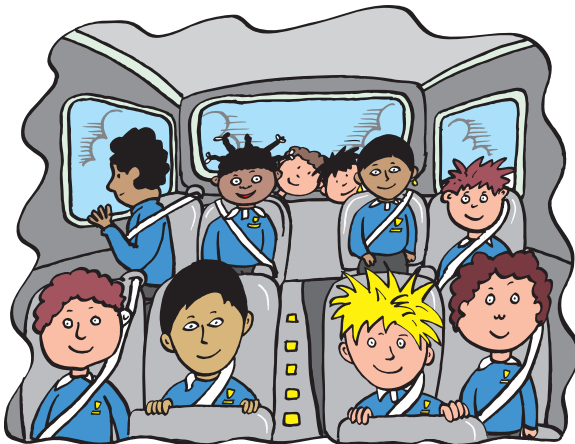


Russell must remember to take his catheters and wet wipes with him wherever he goes and he must remember to catheterize himself every 3 hours.

Russell makes sure to pack his supplies in his special bag each day after school. He hangs his bag on his hook in the hall, ready for the morning.

Russell has a watch to remind him when it is time to catheterize. His watch vibrates so only he knows it is time for him to go to the bathroom. Before he goes to the bathroom, he makes sure he has a drink.





One weekend Russell and Mike were excited because they were going to camp. It was important that Russell remembered everything that his Mom had told him about using his catheter to stay dry.

They stayed with lots of other kids at an adventure center and slept in bunk beds in a room with six other boys.

Russell and Mike and their friends had a great time at camp!



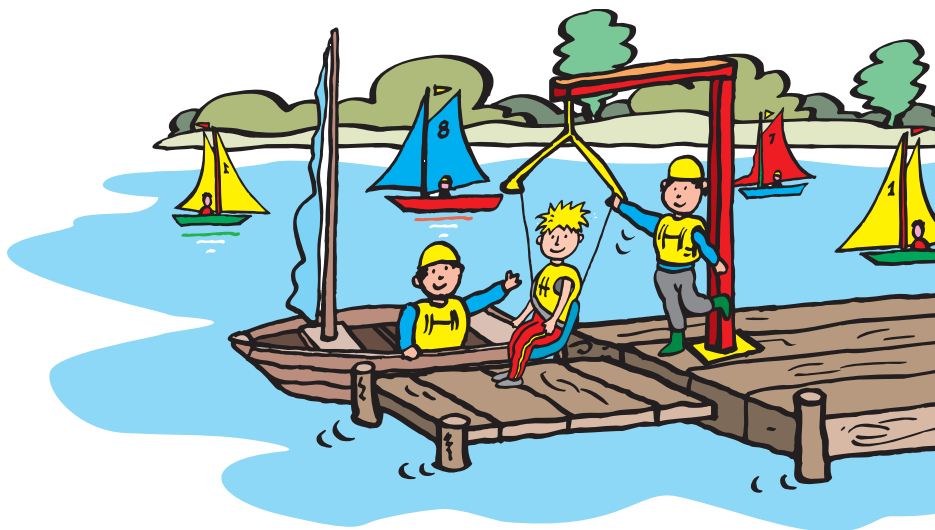


They played games in the woods, and went on nature trails.



They sat around the campfire in the dark!





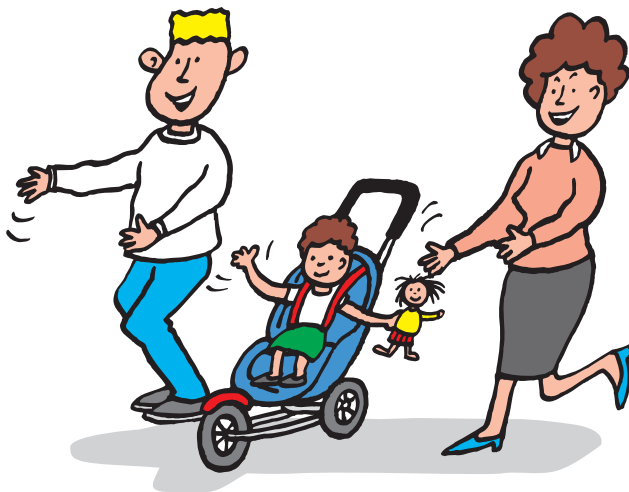
And the only time Russell was wet was when he learned how to sail.



Russell was so happy he had managed his catheter all by himself! He was happy he remembered to use it even when he went to bed very late.

He couldn't wait for his Mom and Dad to pick him up! They are going to be so proud he can use his catheter and stay dry.

Perhaps next time he can stay away longer!





# Some words you may not know:

**Bladder:** this is where urine is stored.

**Catheter:** a special tube that you put into your bladder to drain the urine.

**Catheterize:** using your catheter.

**Germs:** little creatures so small that no one can see them, but will make you sick.

**Hydrocephalus:** this is when the brain produces too much fluid or the fluid does not drain properly.

**Kidneys:** place where urine is made.

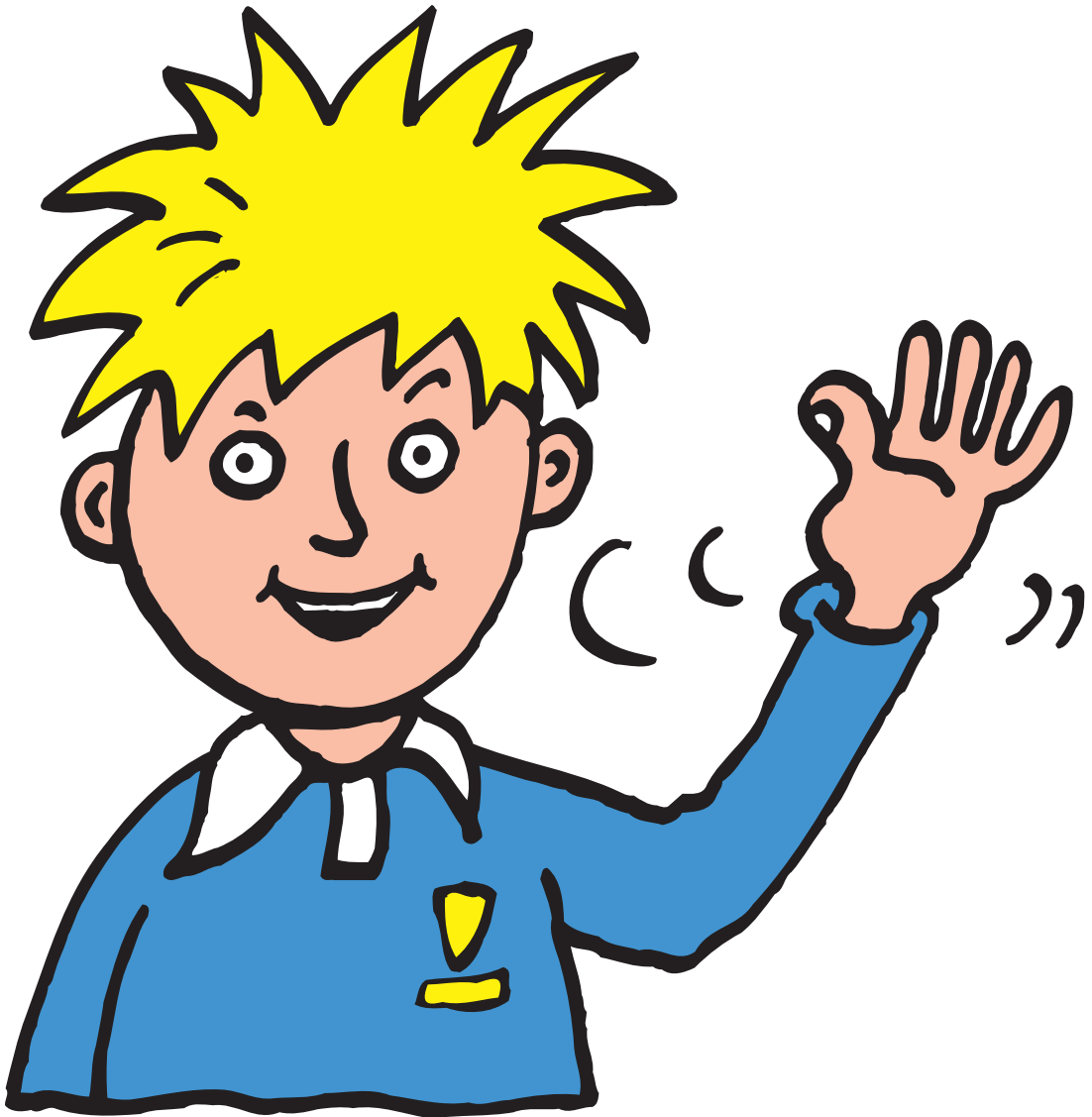
**Mitrofanoff:** an operation to let you drain your bladder through a tunnel in your belly button.

**Spina bifida:** a condition that some babies have when born. The bones of the spine are not formed properly and the child's legs, bladder and bowel do not work properly.

**Urologist:** a doctor who works in a hospital and specializes in problems that happen to people's kidneys and bladder.

**Stoma:** an opening on the outside of the body with a tunnel to the inside.









Hollister Incorporated would like to extend a special thanks to the Association for Spina Bifida and Hydrocephalus of the United Kingdom, the Scottish Spina Bifida Association and the Spina Bifida Association of America for their review and support.



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