

Bard Touchless® Plus Intermittent Catheter System

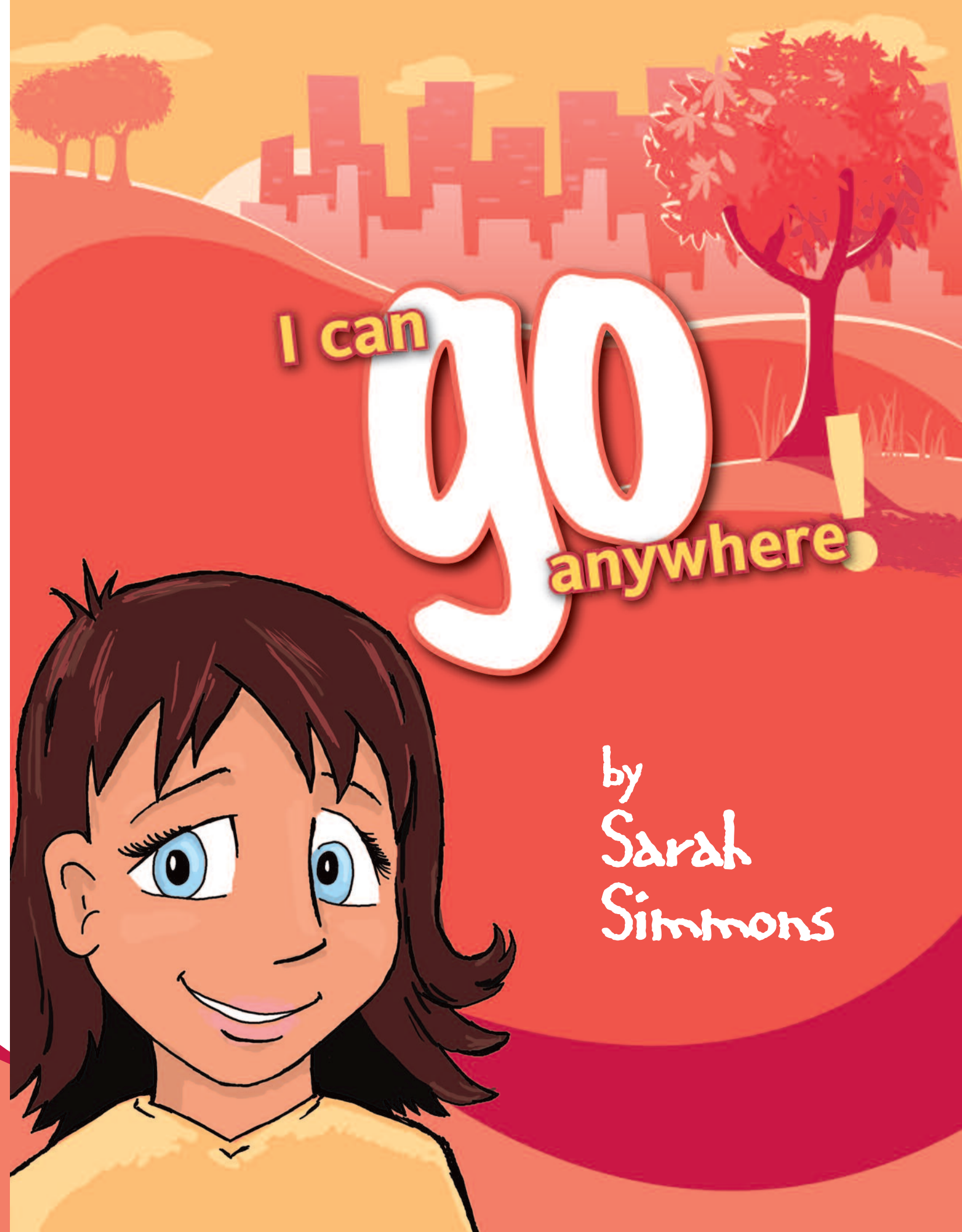
This innovative catheter was developed with the help of urologists – doctors who are experts about peeing and stuff like that. It is easy to insert, use and remove, and comes with lubricant already on it – so you don't have to put that on the catheter. It includes a collection bag that allows you to go anywhere. It also has a catheter guide and is designed to reduce the risk of urinary tract infections. You can get Bard Touchless® Catheters in red rubber or vinyl and different sizes, depending on what your doctor recommends. Find out more by calling Bard at 800.526.4455 or visiting their Web site at www.bardmedical.com.



BARD

Bard Medical Division
C.R. Bard, Inc.
8195 Industrial Blvd.
Covington, GA 30014
800.526.4455
www.bardmedical.com

Please consult product label and insert for any indications, contraindications, hazards, warnings, cautions and directions for use. Touchless is a registered trademark of C.R. Bard, Inc. or an affiliate. © 2009 C.R. Bard, Inc. All rights reserved. 0812-42G R01/09 MSM P01/09



by
**Sarah
Simmons**

Words To Help You Understand

Doctors use lots of medical words, and it will help if you understand these so you can learn about self-catheterization.

If there are other words you need help with, then read this with a parent or guardian, or ask him/her what the words mean.

- **Bladder:** the organ in your body where urine (that is pee) is stored.
- **Bladder spasm:** this is when your muscles squeeze on their own – meaning you don't have control over them, it just happens.
- **Catheter:** a narrow, plastic tube that you insert into your urethra, that goes to your bladder so you can pee.
- **Defecate:** another word for pooping.
- **Intermittent self-catheterization:** intermittent means every once in awhile, but when your doctor says this, he/she means getting on a schedule to use a catheter to go to the bathroom.
- **Kidney:** a bean-shaped organ that separates waste products (bad stuff) from your body and helps you keep the good stuff (water, salts and more). You have two kidneys, and this is where pee is made.
- **Mitrofanoff:** an operation that creates a hole in your body, like in your belly button, that lets you pee through a tunnel that goes from your bladder to the hole, called a stoma.
- **Overdistended:** this is when you have too much pee in your bladder.
- **Self-catheterization:** means using a catheter all by yourself.
- **Spina bifida:** a condition you are born with where there is an opening in your spine. Sometimes kids with spina bifida have problems with their bladders.
- **Stoma:** an opening a doctor makes on the outside of your body (sometimes in your belly button) that connects to your bladder through a tunnel.
- **Ureters:** tubes that take pee from your kidneys to your bladder.
- **Urethra:** a smooth passage that goes from the outside of your body (where you pee) and connects to your bladder. Your pee passes through this to get out of your body.

Tell Your Parts Apart

Here's a drawing of a person. Can you label the various parts of her body? I've made a list to help you out.

Lungs

Bladder

Ureters

Brain

Urethra

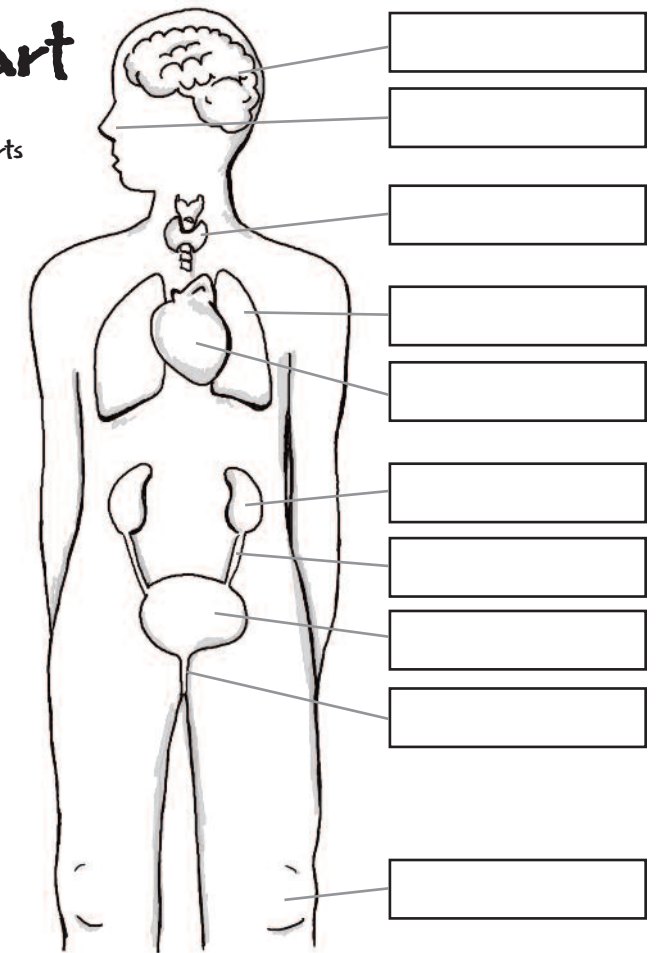
Kidney (Hint: There Are 2)

Nose

Knees

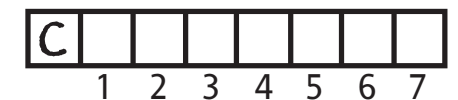
Throat

Heart



Unscramble The Body Parts

Unscramble each of the clue words. Copy the letters in the numbered cells to the other cells with the same numbers.



ABNIR

NOES

KESEN

TEHRURA

LEBWO

NYIDEK

SEOT

EESY

RTHOTA

FETE

LABDDER

SURRETE

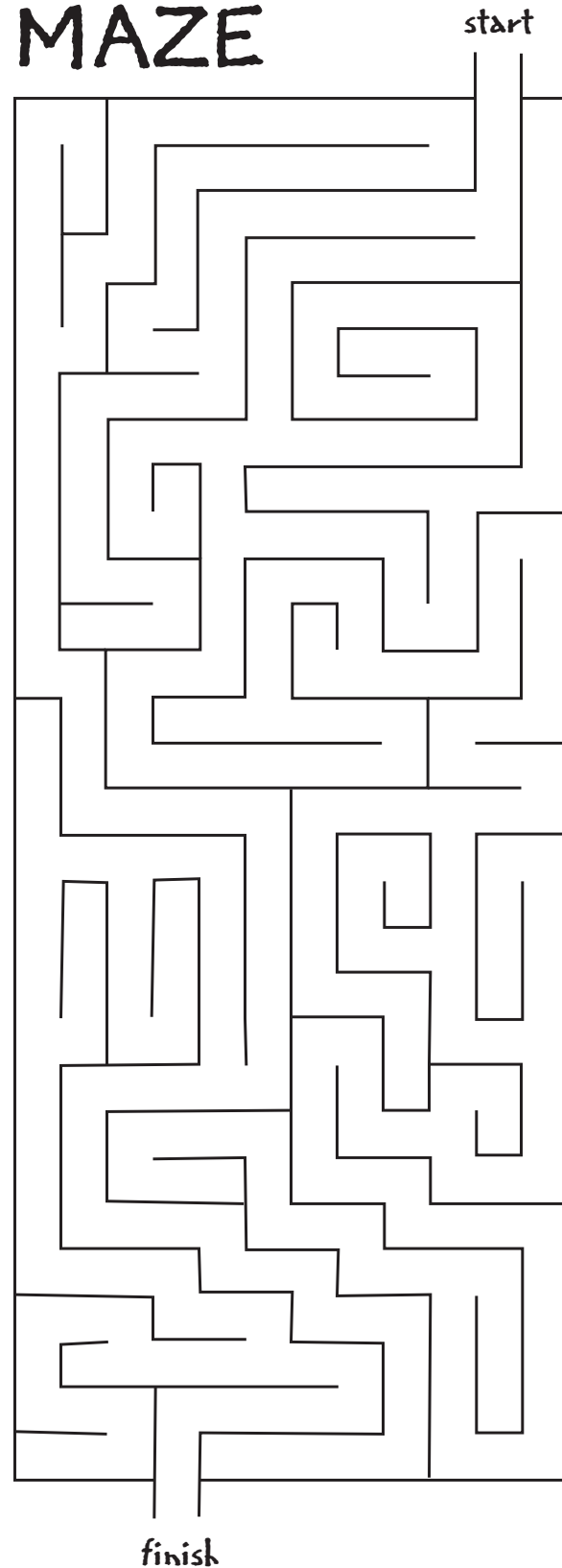
Word Search

A	D	I	F	I	B	A	N	I	P	S	X
M	E	X	B	Q	C	R	C	H	I	E	D
I	U	R	E	T	H	R	A	J	E	K	S
T	R	W	D	P	S	T	T	P	O	O	P
R	O	Y	E	O	V	U	H	L	M	N	A
O	L	B	L	A	D	D	E	R	O	P	S
F	O	U	G	N	W	X	T	Y	Q	P	M
A	G	A	F	L	Z	A	E	R	I	A	O
N	I	V	I	M	Y	N	R	S	T	V	U
O	S	Z	H	K	D	B	W	A	D	X	C
F	T	T	J	I	C	D	Z	B	F	E	H
F	A	T	K	I	G	K	L	O	R	U	K

Here's a list of words you'll learn in this book. Find them in this word search, circle each word, then cross it off the list.

- | | |
|----------|--------------|
| Bladder | Spasm |
| Catheter | Urethra |
| Kidney | Mitrofanoff |
| Poop | Spina Bifida |
| Pee | Urologist |

Catheter MAZE



I CAN GO ANYWHERE

A Girl's Guide To Using A Catheter

by Sarah Simmons

Hi. My name is Sarah, and we have something in common – we both have to use a catheter. A catheter is a small tube that goes through your urethra to your bladder so you can pee. *(My Mom is always telling me, "Sarah, say urinate," but peeing is peeing, right?)*

Wait! Let's stop here for a minute. We're already using big words like "urethra," and before we go any further, you need to know what these words mean. So take a look at the box on the left, and you'll know what I'm talking about.

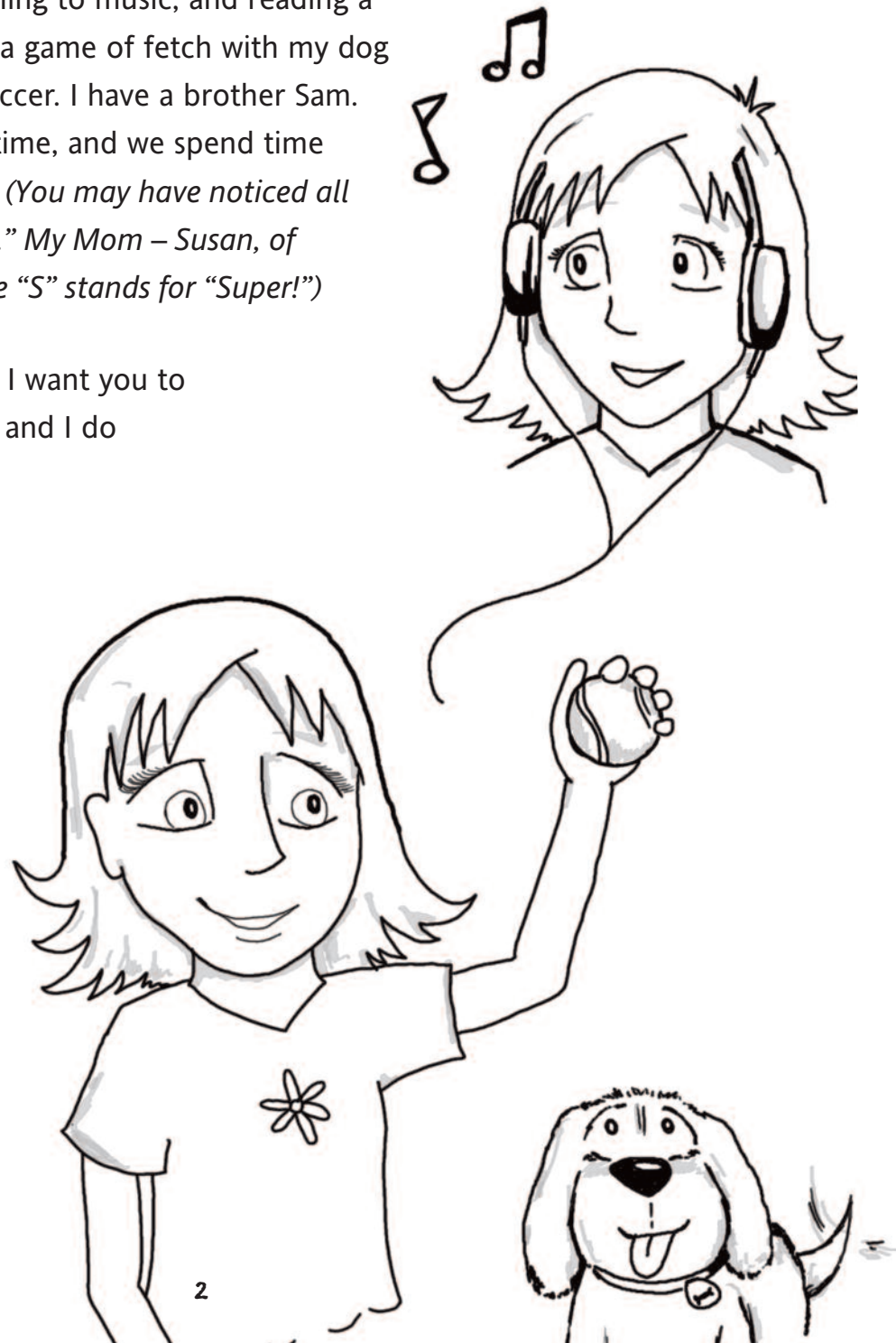


So now you know what catheter, urethra, bladder and other important words mean. Cool.

Before I tell you more, I know a lot of kids feel sad or scared about using a catheter. I felt like that when I started too. But if you read this book, talk to your doctor and use a catheter for a few days, then you'll feel much better about it. Honest. You can also color the pictures in this book, and have fun with it.

I enjoy being outside, listening to music, and reading a good story. It's fun to play a game of fetch with my dog Sadie, and I love to play soccer. I have a brother Sam. We get along most of the time, and we spend time practicing soccer together. *(You may have noticed all of our names begin with "S." My Mom – Susan, of course – says that's because "S" stands for "Super!")*

OK, enough about me. But I want you to know that I use a catheter, and I do all these things and more!



Questions

You May Have (And Good Answers)

How long before I can self catheterize by myself?

Start by watching how your Mom or Dad does the catheterization. Then, after a few times, start doing part of it yourself, like applying the lubricant. Next time, remove the catheter by yourself. Take it one step at a time and pretty soon you'll be able to do it on your own. That's how I started and became good at it.

What if I can't get the catheter into my bladder?

Sometimes it's hard to get your catheter all the way into your bladder. Just when it's about to go into the bladder, you can feel resistance. This can be caused by a bladder spasm, which is a contraction of your muscles that naturally happens. First, relax and breathe out. Then apply gentle and firm pressure until the catheter goes in further and pee begins to flow.

If I have problems, whom should I talk to?

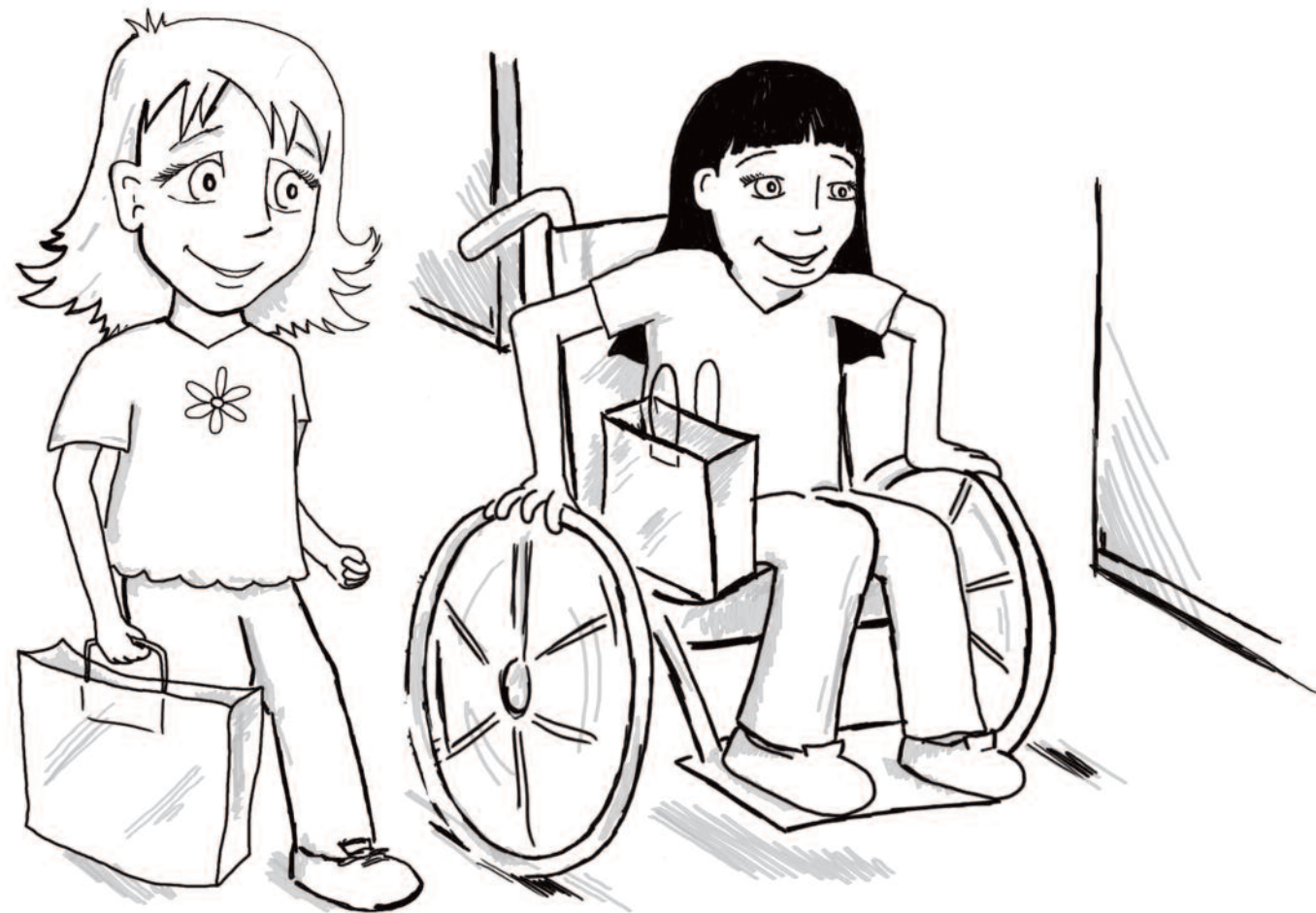
First, talk to your Mom, Dad or guardian. They can decide if they should talk to your doctor or nurse. Here are some things that mean your parent or guardian should call your doctor or nurse:

- If you see a larger amount of blood in your urine – a tiny amount of blood from time to time is normal
- If you have a urinary tract infection. If you have one of these, then you may have at least some of these symptoms –
 - Fever
 - A burning feeling when you pee
 - Dribbling of pee between the times when you self catheterize (this might happen to you most of the time, so it wouldn't be a symptom for you)
 - Feeling like you need to pee more often than usual
- And if you are having any trouble with self-catheterization or questions that your parents or guardians can't answer

Be Brave And You Can Go Anywhere!

Okay, it's time for catheter courage! I know it sounds difficult, but once you practice a few times and learn how to self catheterize, you'll be amazed at how much better you feel. When you become comfortable with the process, you relax and self-catheterization just becomes one more part of what you do every day, like brushing your teeth or taking a shower or bath. It makes you feel like you are in control, like you are more grown up. No more leaks, no more wet spots, no more feeling bad – it's all good!

So talk with your doctor and parents or guardians, and let them help you get started. Soon you'll gain catheter courage and that gives you power – the power and ability to go anywhere!



I'll be honest – when I first started peeing with a catheter, I didn't like it. It felt kind of awkward and took a few days to get used to.

Now, I don't mind, and I really like that I can go anywhere! I mean, now I can go to school, out to play, to the store, just about anywhere. And I also mean that I can pee almost anywhere, thanks to my catheter kit, which means I'm able to go everywhere! Feeling this way gives you so much more confidence and independence.

This book will tell you all about –

- Why Kids Need To Self Catheterize4
- How Your Body Works6
- What A Catheter Is And How It Works7
- Getting Ready For Self-Catheterization8
- 5 Easy Steps For Self-Catheterization9
- Using A Catheter In A Wheelchair.....11
- Setting Up A Self-Catheterization Schedule ..12
- Making Your Own SCK.....12
- Things You Can Do To Be Healthier13
- Be Brave And You Can Go Anywhere!14
- Questions You May Have (And Good Answers!)15

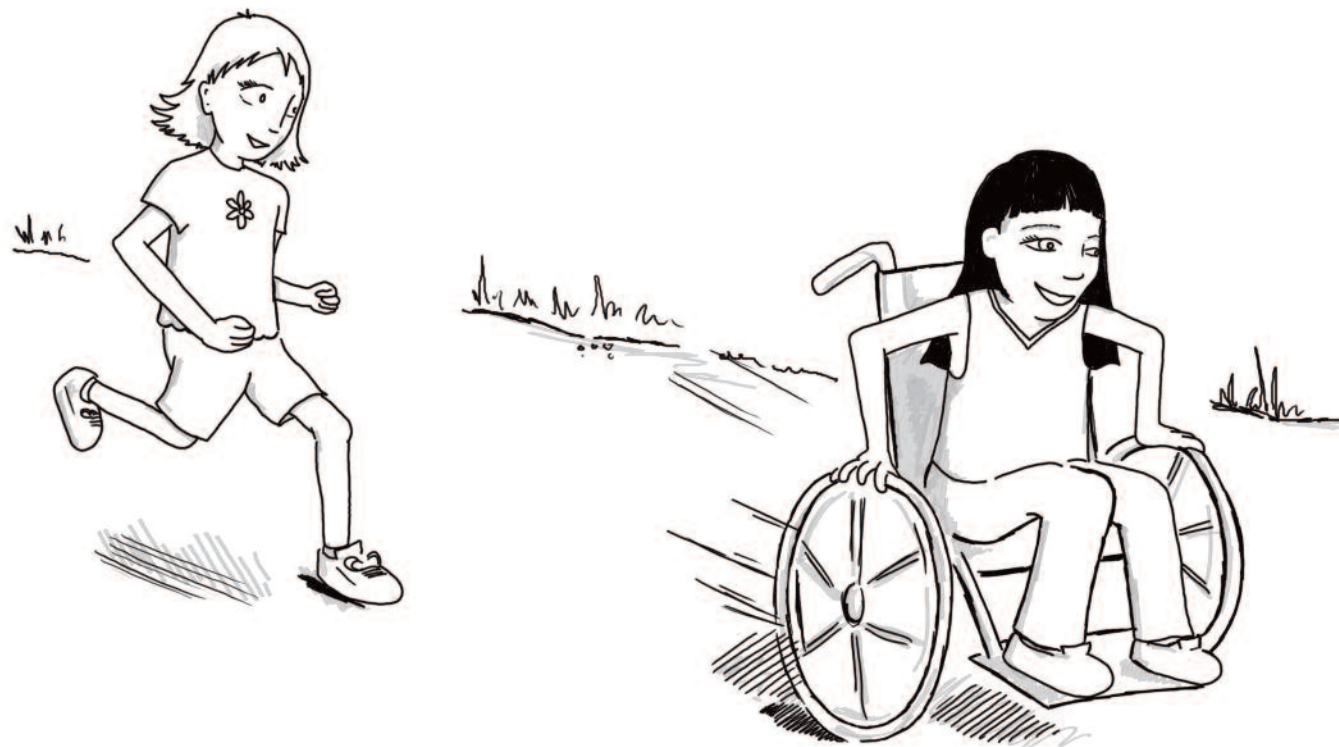
PLUS ... There are fun activities to do when you're done reading the book!

Why Kids Need To Self Catheterize

Well, it's not just kids that have to self catheterize. A lot of adults have to do this too.

Some kids have bladders that can't hold all their pee. Others can't stop peeing completely, because the muscles that stop the pee from coming out aren't strong enough – so the pee leaks. And I have trouble getting all of my pee out of my bladder. If you don't go, then it can cause problems and make you feel sick.

You might also have an illness that causes you to have to self catheterize, like my friend Kayla. She has to use a wheelchair, but she goes amazingly fast in it. So fast sometimes I can hardly keep up. That's why I call her "Air Chair Kayla!" Kayla has "spina bifida," that means she has an opening in her spine. It's something you're born with. Even so, Kayla is always smiling. She is always telling me how her name means "crown of laurels." *(I guess that is a bunch of flowers and green things that would look pretty on your head!)*



Things You Can Do To Be Healthier

Here are a few ideas that you can consider that can help you stay healthy. Ask your doctor about these.



Drinking Water And Fluids

Your doctor may want you to drink enough water and other fluids to help keep your pee clear.

Watching Out For Soft Drinks

Drinks with caffeine in them, like many sodas, can cause bladder difficulties.

Exercising

If you're able to do so, then exercise can provide some great benefits, including stronger muscles and bones.

Not Letting Your Bladder Get Overdistended

When there is too much pee in your bladder, then you may feel restless, sweaty, get chills or a headache, have cold fingers or toes, or feel other symptoms. And you can usually tell that your abdomen feels "full" and looks bigger than normal.

Asking If You Don't Know

Anytime you have a concern or question, ask your parent or guardian, or your doctor or nurse. It's much better to get answers and know what's going on, and this can help to prevent more serious issues.

Setting Up A Self-Catheterization Schedule

Your doctor will tell you how often you need to self-catheterize and give you a form to fill out to keep track of when you go. Most people need to self-catheterize every three to six hours, at least while they are awake. It really depends on how much you drink each day (*and you should drink quite a bit – which you’ll learn about on the next page*).

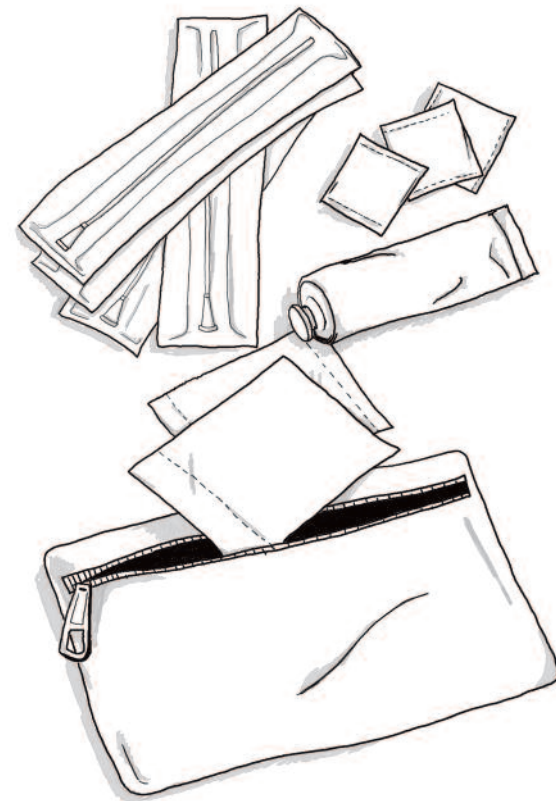
Most kids can go right before bedtime and when they wake up, so they don’t have to get up in the night. But if they wake up, then it’s good to go.

Making Your Own SCK

That is a Self-Catheterization Kit. This kit makes it easier to do all this, because you can carry everything you need. Being prepared makes me feel more confident and comfortable; plus, I know that I really can “go” anywhere without it being a hassle.

Here’s What’s In My SCK –

- A pencil case to hold everything – you can use a makeup bag or any little compartment that you can’t see through
- A supply of catheters – you don’t need a lot, but enough for a day and a couple extras
- Unscented wipes that your doctor says are okay to use
- Paper towels
- Water-soluble lubricant – the one your doctor wants you to use

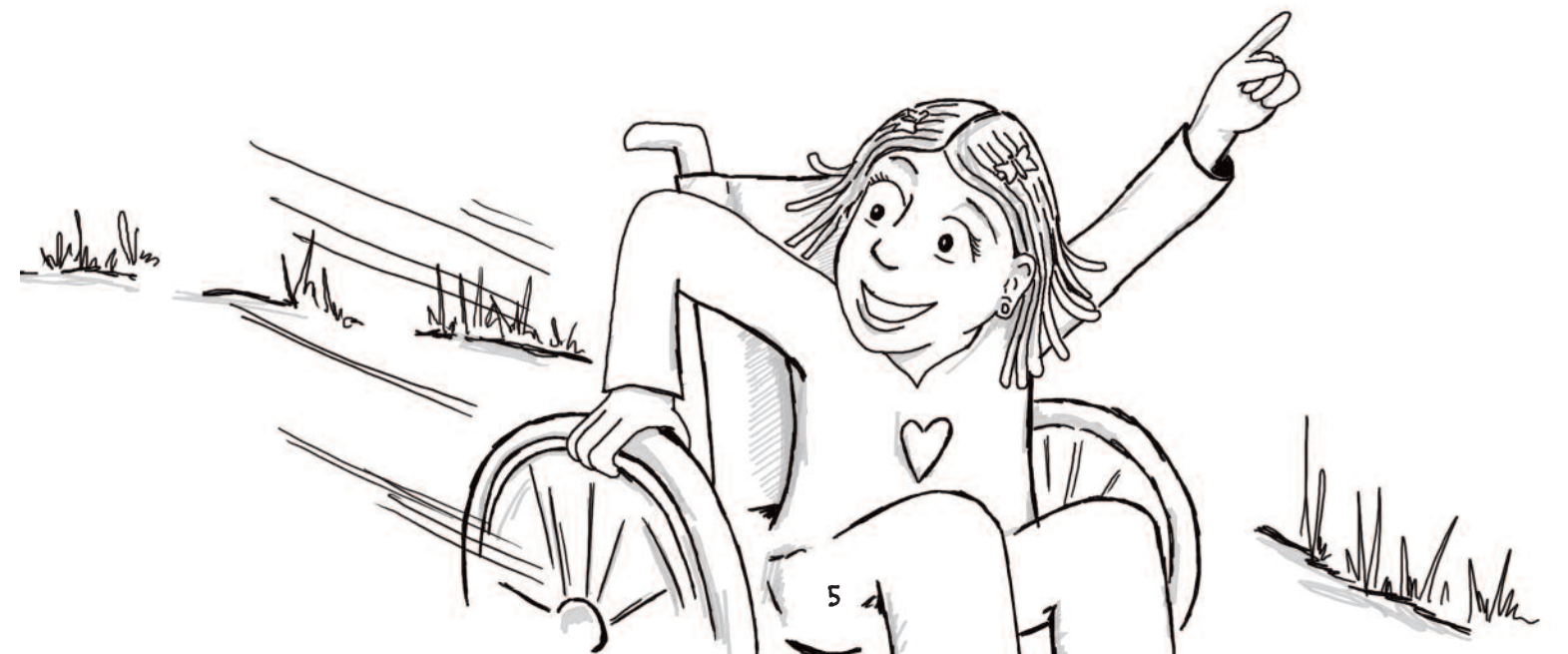


And there’s another girl in my school, Amaya, who is also in a wheelchair and uses a catheter. Her spinal cord and back got badly hurt in a car accident.

Kayla, Amaya and I are all friends, and when we play together sometimes we talk about catheterizing. We’ve decided it isn’t the greatest thing in the world, but being able to do it ourselves makes life easier and makes us feel more independent ... grown-up even.

So a disease, an accident, and the problems with peeing I talked about, all can mean you need to self catheterize. And when you learn to do it yourself, good things happen –

- ① **You stay dry, so there aren’t accidents or wet spots.**
- ② **You help stop your bladder from getting an infection.**
- ③ **You keep your bladder and kidneys healthier.**
- ④ **You gain confidence, feel more comfortable and can go anywhere.**



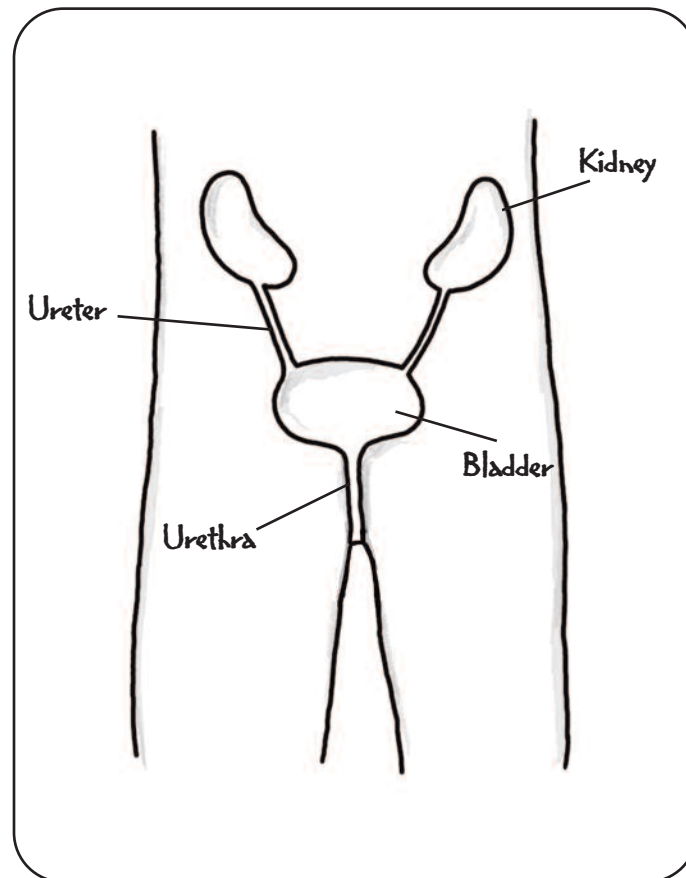
How Your Body Works

You eat food every day, right? And you drink milk and water, and other beverages. All this goes to your stomach, then to your intestines and kidneys. The good stuff and bad stuff get separated there. The solid waste becomes poop, thanks to the intestines at work (*Mom says “stool” or “feces,” but I say it’s “poop”*).

The kidneys turn the liquid your body doesn’t need to use into pee, and it goes through ureters (they’re like tubes) to your bladder. It’s a lot more complicated than this, but at least this gives you an idea of the way things flow and go.

Self-catheterization comes in because you need a way to get the pee out of your body.

Sometimes it’s called “intermittent self-catheterization” because you don’t do it all the time, just every few hours. Intermittent means “with intermissions,” and those mean most of the time in the day and night when you are NOT peeing!



5 Take The Catheter Out

When you stop peeing, slowly and gently take the catheter out of your body. If you start peeing, then stop pulling it out and finish peeing. Then slowly pull it out.

Wipe the area between your legs where you pee, again making sure you wipe from front to back. If you’ve filled a bag, empty it into the toilet. Flush the toilet.

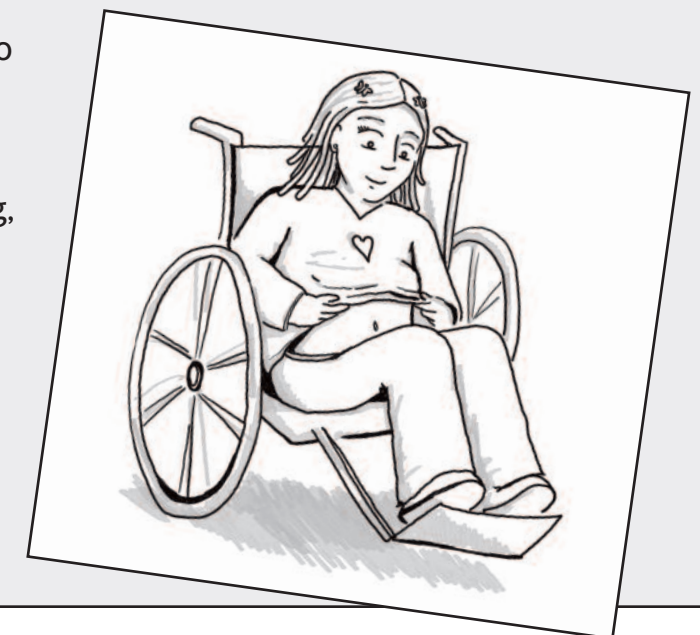
Place the used catheter in a piece of paper towel, and dispose of it in the way you’ve been taught. Pack up your other supplies, and make sure you haven’t left anything in the toilet area.

Then wash your hands before you leave the bathroom.

Using A Catheter In A Wheelchair

Sometimes Amaya uses a catheter with a collection bag, but her physical therapist likes Amaya to use her arm muscles to get out of her chair and onto the toilet. Then she does self-catheterization the same way I do, just like I told you in the 5 easy steps.

Kayla uses a catheter, but she has to do it differently, because she had to have an operation called a “Mitrofanoff.” That means they made a small opening, called a “stoma,” in her belly button. A tunnel runs from the stoma to her bladder, so she puts her catheter into the stoma instead of her urethra.



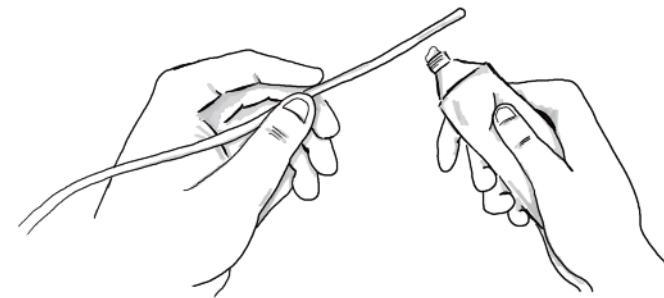
2 Pick Your Position

You can self-catheterize sitting on the toilet or – if you are in a wheel chair – in your chair. Look at the pictures here to get some ideas for positions that will work.



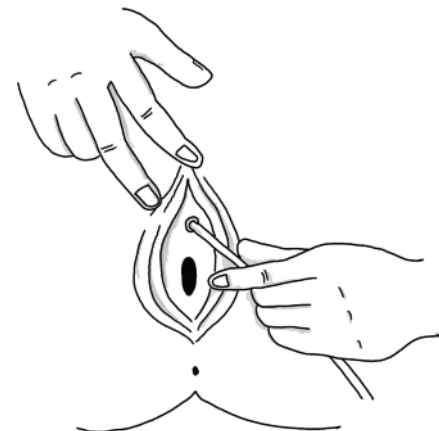
3 Open The Catheter And Apply Lubricant

Put the lubricant your doctor recommends on to the top two inches of the catheter. Only use a lubricant your doctor or nurse says is okay for this. Make sure that the catheter, especially the part that will go inside you, doesn't touch anything so that it remains germ-free.



4 Insert The Catheter And Start To Pee

Slowly slide the catheter into the hole where you pee (urethra). Put about three inches of the tube inside you and you'll start to pee. When you start to go, push the tube in about one more inch. Make sure the other end is ready to go into the toilet. *(If you're using a bag, then it should be below or to the side of where you are sitting.)*

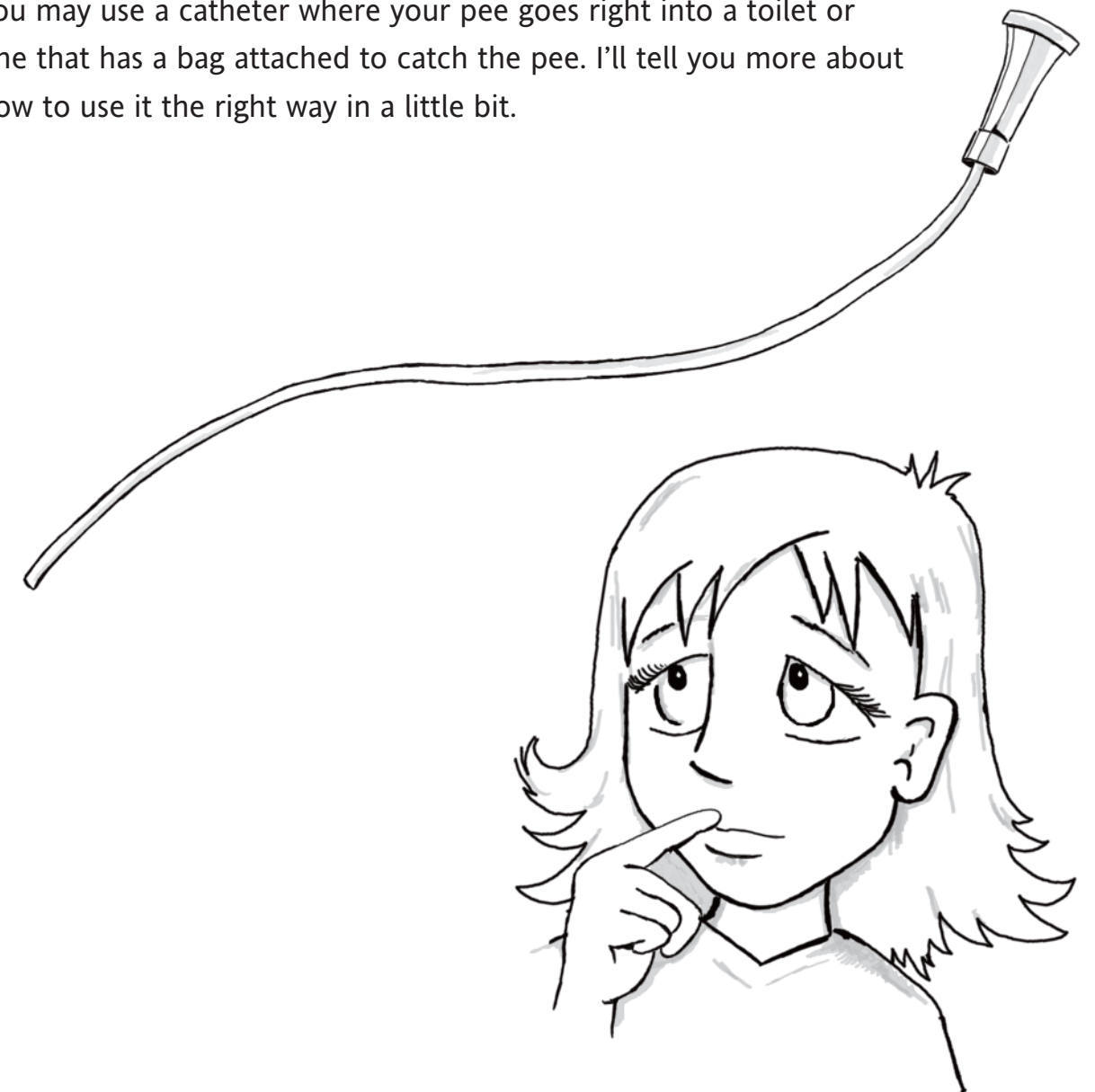


Allow all of the pee to come out of your bladder.

What A Catheter Is And How It Works

See this tiny tube? That's a catheter. *(Why they don't call it a "tiny tube" I don't know, but doctors have a big medical word for pretty much everything!)* Your doctor will tell your parent or guardian the right size and type of catheter to use. It's made of either rubber or vinyl, and both are smooth with rounded tops so they go in, are used, and come out easier.

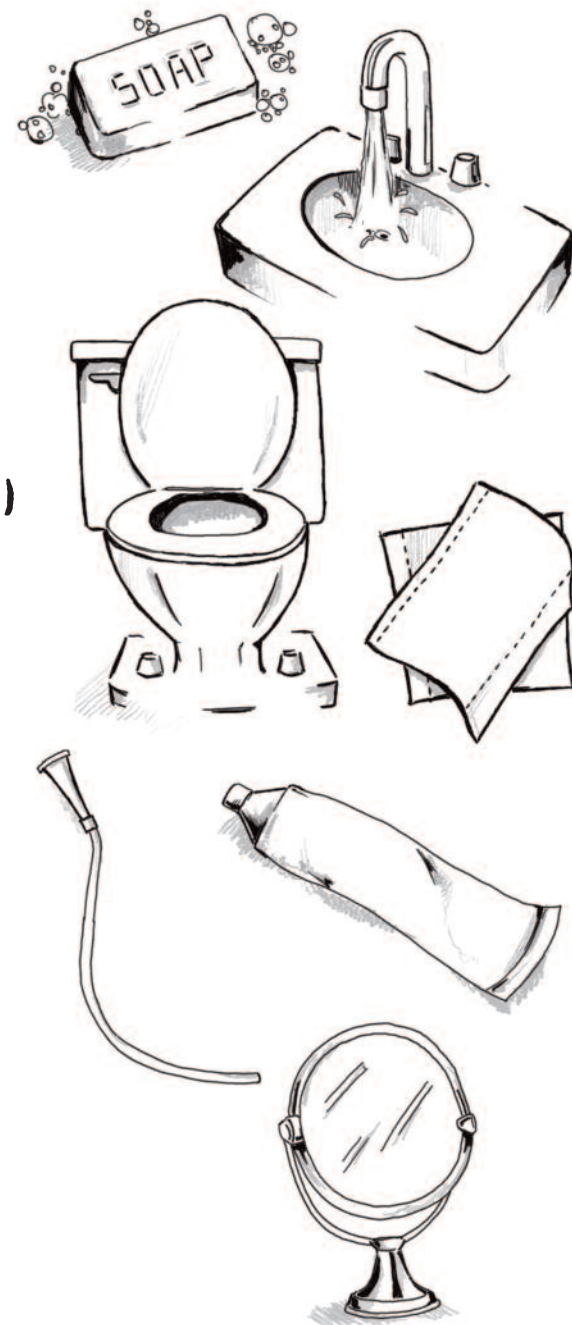
You may use a catheter where your pee goes right into a toilet or one that has a bag attached to catch the pee. I'll tell you more about how to use it the right way in a little bit.



Getting Ready For Self-Catheterization

Before you start, you have to get the things ready that you'll need. A parent or guardian can help you, and in a moment we'll talk about putting together your own kit to make it easier. Along with a catheter, you'll need –

- Soap
- Water
- Washcloth or disposable wipes
- Toilet or collection bag for pee
- Lubricant for the catheter (a gel that makes it go in easier)
- Paper towels
- Small mirror (this may help, depending on your position)



Have everything you need?
Okay, let's go. Or start going!

5 Easy Steps For Self-Catheterization

I know that a nurse will show you how to self catheterize, but sometimes it's hard to remember everything he/she tells you, so here are the 5 easy steps I remember, to make sure I do it right. Your parents can also help you, especially when you're new at doing this.

1 Wash Up

Wash your hands with soap and water at the bathroom where you'll be "going." Use a piece of paper towel to turn off the water, because this will help keep your hands germ-free. Dry them well, then go to where you are going to pee. Open the door to the toilet using the paper towel. *(In a book I read, "First, pull down your underwear and pants." But I figure you are pretty smart and know enough to do that to get started, right?)*

Next, wash the area between your legs where you pee. Use an unscented wipe that your doctor says is okay for this, or soap and water. Wash from front to back. This will help get rid of germs.

