NO BIG DEAL. JUST A DIFFERENT WAY
– AN INTRODUCTION TO PEEING
WITH A CATHETER
This book was written for you and contains nearly all the information you need to get started with intermittent catheterization (IC). Intermittent catheterization is a big word which means emptying your bladder regularly with the help of a little tube, called a catheter.

Felix and Julia are here to help you along the way.

**JULIA**

- Nickname: Jools
- Age: 12 years old
- Favorite subject in school: Math
- Favorite activity: Playing basketball and chatting
- Best friend: Alice
- Miscellaneous: I was born with a damaged spinal cord, which is why I’m in a wheelchair and pee in a special way.

**FELIX**

- Nickname: F
- Age: 11 years old
- Favorite subject in school: Art
- Favorite activity: Singing and swimming
- Best friend: Tom
- Miscellaneous: When I pee, there is sometimes some left inside. To get it all out and not become sick, I pee in a slightly different way.
Two different ways of getting to school
Some people ride a bike to school, while others take the school bus.

Two different ways to pee
Most people pee directly into a toilet. We pee with the help of a catheter. There's nothing odd about it, that's just the way we do it.
Kidneys, Ureters, Bladder, Urethra

When I drink something it goes down to my stomach, then to my intestines and into my blood. Finally, when my blood is filtered by my kidneys, the liquid that is no longer needed becomes pee and is sent to the bladder.

The bladder looks like a balloon. It's small when it's empty, but grows in size as it fills up. When it's full, it's time to pee.

IMPORTANT
When your bladder is full it needs to be emptied!!

If you keep pouring water into a bathtub that is full, it will overflow onto the floor. If you keep filling your bladder, it will get full and the pee will either go back up to your kidneys, which may make you sick, or force its way down, which will get you wet. You need to pee regularly, several times a day, as the doctor told you.
When it’s break time, I usually take the chance to go to the toilet. I always try to remember it on my own, but sometimes I need someone to remind me. I use a little tube when I need to pee. It’s a LoFric® Sense™ catheter and is so easy to use.

I use this catheter when I need to pee. It is a LoFric® Origo™. It comes in a clever package and is really comfortable to use.
I use a moist towelette or soap and water to clean my private parts. I make sure to wipe from the front to the back.

I insert the catheter. The opening of the urethra looks like a small star. At first it helps to use a mirror to find it, but you should soon learn how to feel your way.

When the catheter is all the way into the bladder, the pee flows out.

The last thing I do, is wash my hands.
Squeeze to release the salt solution and the catheter is ready to use.

I peel open the label, hold it back and then grip the handle to take the catheter out.

After the last drop of pee is out, I pull the catheter out slowly to make sure all is really out. If more pee starts coming out, I stop and wait. When I am sure my bladder is emptied, I remove the tube all the way.

That’s it!

Because I sit in a wheelchair it is sometimes hard to empty the pee into the toilet. Then I use a LoFric Hydro-Kit catheter that comes with a bag to collect the pee.

All LoFric hydrophilic catheters are for single use only.
Ensure proper training on the catheterization procedure is provided to user.
Read the entire instruction for use that is delivered with the product.
LoFric is for prescription use only.
IC Personal Plan

To make sure that you have all the information you need to get started with and maintain intermittent catheterization (IC), please fill in the below with your healthcare professional.

**Information about IC**

Start date of catheterization: ........................................................................................................

Healthcare Professional name, hospital/clinic and contact number:
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Catheter selection, LoFric ............................................ FR: ................ Length (in): ................

Number of catheterizations per day: .................

**Additional information**

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Monitoring your urine output and frequency

Each day record the time and amount of urine you voided. Enter a ‘V’ if voided normally or a ‘C’ if you used a catheter. Please enter volume in ml.

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Questions and answers

Does it hurt?
I don't feel very much because of my back injury. A friend of mine who also catheterizes has mentioned it felt strange at first, but it doesn't hurt.

Can I do it wrong?
If you are a girl and no pee comes out, you might have put the catheter in the wrong hole. Take a new catheter and try again.

Can the catheter disappear inside my body?
The catheter can't disappear! It can never go any further than into your bladder. It can't poke a hole in your bladder either, as the catheter bends when it hits the inside of your bladder.

Is it enough to empty my bladder in the morning and evening?
Only if it is what your doctor told you, otherwise no. If the pee stays in the bladder too long, bacteria (just like very small bugs) will form and that will make you feel sick.

Other children pee between 5 and 7 times a day. Most of us have to do that too.

Can the same catheter be used more than one time?
No, these are single use products, it says on the package.

I've heard it increases the risk of transferring bacteria back into the bladder if the catheter is reused, and I don't want to have a urinary tract infection with pain and fever.

Can I drink less to reduce the number of times I need to catheterize?
No. Your body needs the water to function. The pee washes out the bacteria.

Do I have to tell my teachers?
It's a good idea to let your teacher know because sometimes you might need help. Before I started school, my parents and I spoke to my teacher. She's really nice and reminds me if I forget to go to the toilet.

Do my friends have to know?
You decide who gets to know. Everyone sees that I am sitting in a wheelchair, but only my best friend, my teacher and my basketball coach know that I pee with a catheter.

Can I go on school trips?
Yes, of course, this isn't a problem at all. But don't forget to take enough catheters with you. Usually I take catheters with their own water and bag if we're traveling where the toilet is far away.

Can I go swimming?
Sure you can go swimming. I do it all the time ... I love it, it's fun!

If you see blood on the catheter what should you do?
Normally there should never be blood, but if there is a little I would not be scared, but tell my doctor.
Learn more on our website! Visit wellspect.us
At Wellspect we value the people behind our success as a leading provider of life-changing products for bowel and bladder management such as the well-known brands LoFric® and Navina™. From the thousands of users and healthcare professionals worldwide who inspire our innovative solutions, we know that working together is the best way to advance continence care, giving our users more time for life. Building on over 30 years of life-improving performance, we passionately strive to make a difference every day to everyone who needs our products and services.

Wellspect. A Real Difference.

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