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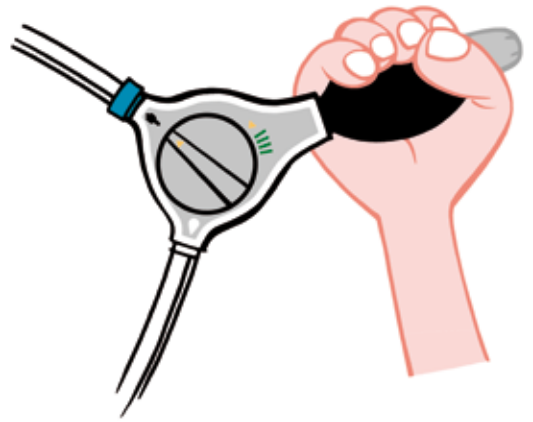




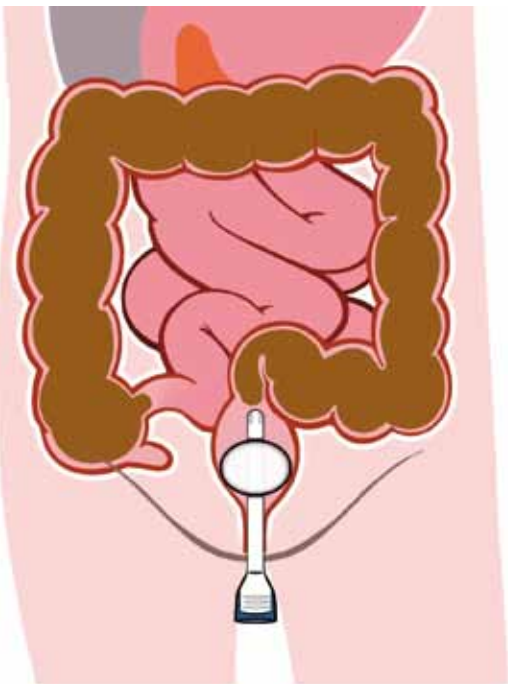
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SITUATION

”It makes it easier if you have what you need before doing a poo.”



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SITUATION

”Open the water bottle and fill it up to the top with lukewarm water. This is what you use to flush the poo.”





”Open the catheter packaging a bit.”



”Putting the parts together is simple. Grey goes with grey. Blue goes with blue.”



”Turn the knob to the water symbol and pump 2-3 times so that water fills the catheter pack. Count slowly to 10 three times before you do anything else. That will make the catheter soft and smooth.”



”Turn the knob to the balloon symbol. Now you are ready to pump the balloon on the catheter.”





SITUATION

”Put the catheter slowly and gently into your bottom. When the catheter is all the way in, pump the balloon while you hold the catheter in place. The air in the balloon makes the catheter stay in place so you don’t need to hold it anymore.”



SITUATION

”Turn the knob to the water symbol and very slowly pump water into your bottom. Ask your parents how much water you need to pump.”



SITUATION

”Turn the knob to the air symbol to let out air from the balloon. The catheter will then drop out by itself or you can give it a little pull to help it come out.”



SITUATION

”Put the catheter back in the pack and throw it away. It should only be used once.”





”Wait patiently until the poo comes out into the toilet. You can look at a book or play with a toy while you wait. If it doesn’t come out, you can help by pushing a little on your tummy.”



”Turn the knob to the finish symbol and wipe your bottom.”



”It is important to have clean hands after you do a poo so you don’t spread germs.”



”Well done! You have done a poo all by yourself.”





QUESTION

”Why is it important to start by getting everything you need?”



QUESTION

”How warm is the water in the water bottle?”



QUESTION

”How much should the catheter packaging be opened?”



QUESTION

”How do you put the parts together?”







”Why do I have to pump water into the catheter bag before I use the catheter?”



”How do you make the pump ready to use?”



”Why is it important to pump up the balloon when the catheter is inside your bottom?”



”How fast should you pump water into your bottom?”





”How do you get the catheter out after the flush?”



”How do you get rid of the used catheter?”



”What can you do while waiting for the poo to come out?”



”Where should you turn the knob when you have finished doing a poo?”





”Why should you wash your hands after doing a poo?”



”Why should you feel proud of yourself?”

