

THE POO GAME™

A parent's guide





Introduction

Before starting bowel flushing you must consult a doctor or a nurse to get proper instructions in use.

Play and learn

As your child develops, he/she will want to become more independent. This is a natural part of growing up. Your child may already show signs of wanting to take control of his/her own life – including his/her toilet habits. Encouraging your child in this will make it easier for him/her to be with other people as he/she grows up.

So when you feel your child is ready, you can start teaching him/her about going to the toilet and emptying his/her bowel. The Poo Game™ has been designed to help you and your child do this in a fun way. It's simple to use and as your child gets the hang of it, it's easy to make it more challenging. Have fun!



Tips for parents

Believe in him/her

Your child knows when you have confidence in him/her. Show him/her that you believe he/she can do it himself/herself.

Be patient

It takes time to learn to empty the bowel. But it is worth spending some extra time so he/she can learn to do it properly.

Encourage him/her

Help your child by being positive. Praise him/her when he gets it right and gently remind him/her if he forgets something or does it wrong.

Learn what to do

Before you can teach your child how to empty his/her bowel, you need to be fully comfortable doing it yourself.

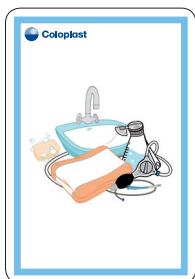


What is the Poo Game™?

The Poo Game™ is a set of cards that you can use to teach your child how to empty his/her bowel. The cards can be used to play different fun games that can be adapted to suit his/her age and level of ability.

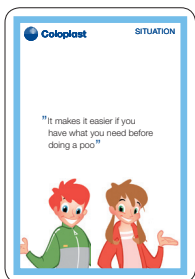
Game content

The game consist of three sets of 14 matching cards and a card holder booklet.



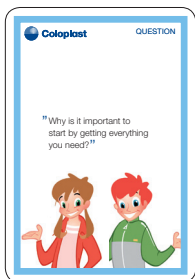
14 picture cards

Simple drawings that show each step in the bowel emptying procedure.



14 situation cards

Simple explanations of each step to match the picture cards.



14 question cards

Questions about why it is important to do each step.

How to play The Poo Game™

Beginners

The right order game

Show him/her the picture cards and talk about each step. Try and arrange the picture cards in the right sequence.

Tips

- Start with 1-2 steps
- When he/she understands the steps, put the cards in the wrong order



Intermediates

The matching game

When you feel your child understands the sequence of the different steps you can try a new game.

Match each situation card with the right picture card.

Example:

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

Picture card match: “Hand wash.”

Tips

- You can either read the situation cards aloud or let your child read them himself/herself
- Choose the situations which your child finds difficult
- Make the game more interesting by suggesting wrong combinations
- Make it easier by showing your child 2 or 3 possible matching cards, where only 1 is right



How to play The Poo Game™

Experienced

Quiz game

When your child can match the picture cards with the situation cards you can introduce the question cards. Ask your child the question on the question card. He/she then has to find the right answer on the picture card and situation card.

Example:

Question card: “Why should you wash your hands after doing a poo?”

Right answer: Situation card: “It is important to have clean hands after you do a poo so you don’t spread germs” and picture card: “Hand wash.”

Tips

- You can either read the situation cards aloud or let your child read them
- If your child can read, you can make the game more difficult by introducing the situation card first and ask for a matching question
- Choose the situations which your child finds difficult
- Make the game more interesting by suggesting wrong combinations
- Make it easier by showing your child 2 or 3 possible answer cards, where only 1 is right





How to play The Poo Game™

Cardholder booklet

When you find it relevant, you can create a personalised step-by-step guide for your child using the picture cards and the cardholder booklet.

Tips

- Celebrate this new stage in his development with a reward
- Personalise the booklet with one of his/her own drawings on the front page





Step 1

Picture card: Peristeen + soap + cotton wool pads + towel gathered together in an orderly fashion.

Situation card: “It makes it easier if you have what you need before doing a poo.”

Question card: “Why is it important to start by getting everything you need?”

Step 2

Picture card: Filling the water bottle.

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

Question card: “How warm is the water in the water bottle?”



Step 3

- Picture card: Slightly open catheter bag (2-3 cm).
- Situation card: “Open the catheter packaging a bit.”
- Question card: “How much should the catheter packaging be opened?”

Step 4

- Picture card: Connecting the parts (waterbag, pump/switch and catheter).
- Situation card: “Putting the parts together is simple. Grey goes with grey. Blue goes with blue.”
- Question card: “How do you put the parts together?”



Step 5

Picture card:

Show the switch pointing at the white water drop and a hand pumping water into the catheter bag.

Situation card:

“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.”

Question card:

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

Step 6

Picture card:

Show the switch pointing at the balloon.

Situation card:

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

Question card:

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



Step 7

Picture card:

Catheter in place with the balloon inflated.

Situation card:

“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.”

Question card:

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

Step 8

Picture card:

Show the switch pointing to the water symbol and hand pumping.

Situation card:

“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.”

Question card:

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



Step 9

Picture card: Show the switch pointing to the air symbol.

Situation card: “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.”

Question card: “How do you get the catheter out after the flush?”

Step 10

Picture card: Show disposal of catheter in the catheter packaging.

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

Question card: “How do you get rid of the used catheter?”



Step 11

Picture card:

Show boy sitting on the toilet + clock.

Situation card:

“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.”

Question card:

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

Step 12

Picture card:

Show the switch pointing to the finish symbol and hand wiping the bottom.

Situation card:

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

Question card:

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



Step 13

Picture card: Handwash.

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

Question card: “Why should you wash your hands after doing a poo?”

Step 14

Picture card: Happy girl.

Situation card: “Well done! You have done a poo all by yourself.”

Question card: “Why should you feel proud of yourself?”



Coloplast would like to thank all health care professionals, parents and children involved in the development of this material.

For more information about how we can help making living with spina bifida easier, please visit www.coloplast.com or call your local Coloplast office.

On **www.coloplast.com** you will i.e. find an animated instruction on how to use Peristeen Anal Irrigation.



Coloplast A/S
Holtedam 1
DK-3050 Humlebæk
Denmark

www.coloplast.com